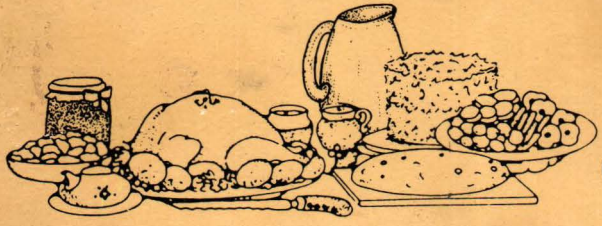
Myrtle's Families Bear-y-Good Recipes



Compiled by the
families of
Mrs. Wm J. Herold

Thanks to:

Son Bob, wife Lu
Daughter Kate, husband John
Son Chuck, my better-half
Daughter Betty
Daughter Joy
Daughter Barb and husband Ernie

27 grandchildren
3 step grandchildren
31 great grandchildren
2 adopted great grandchildren
11 step great grandchildren
15 step great great grandchildren

and Remembrance of:
Mr. William J. Herold, Andy Grebner,
and my parents, Pat and Edith Ennis

With love, Margaret

630-87

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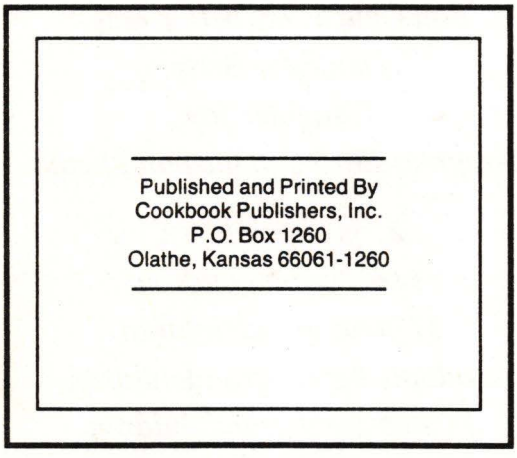

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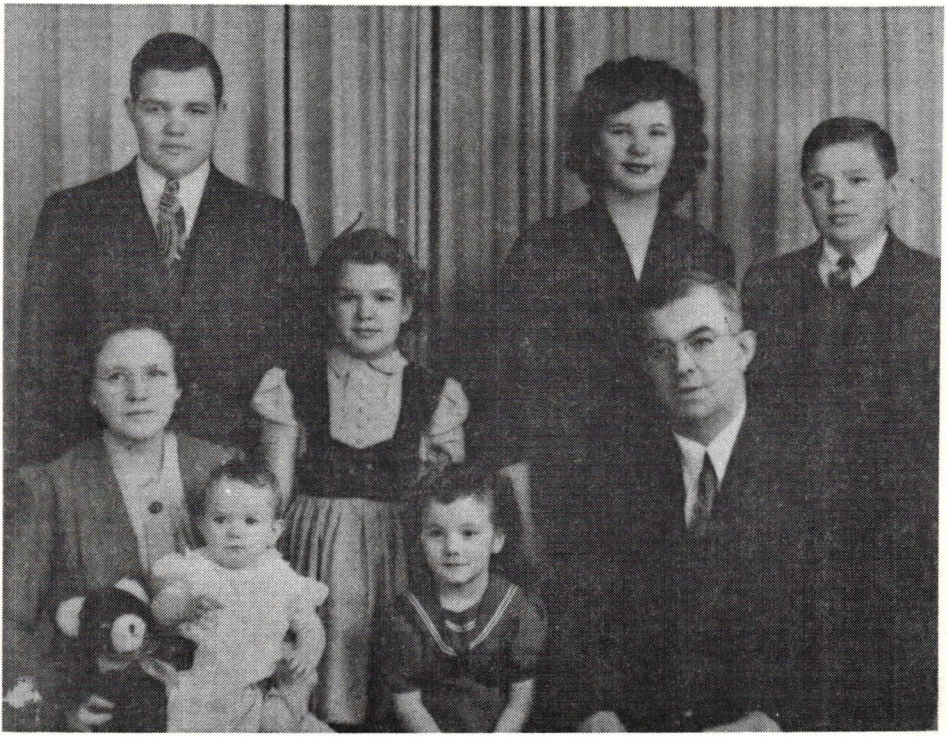
Dedicated



to my Mother-in-Law

Myrtle Herold

on her 83rd Birthday

March 1, 1987

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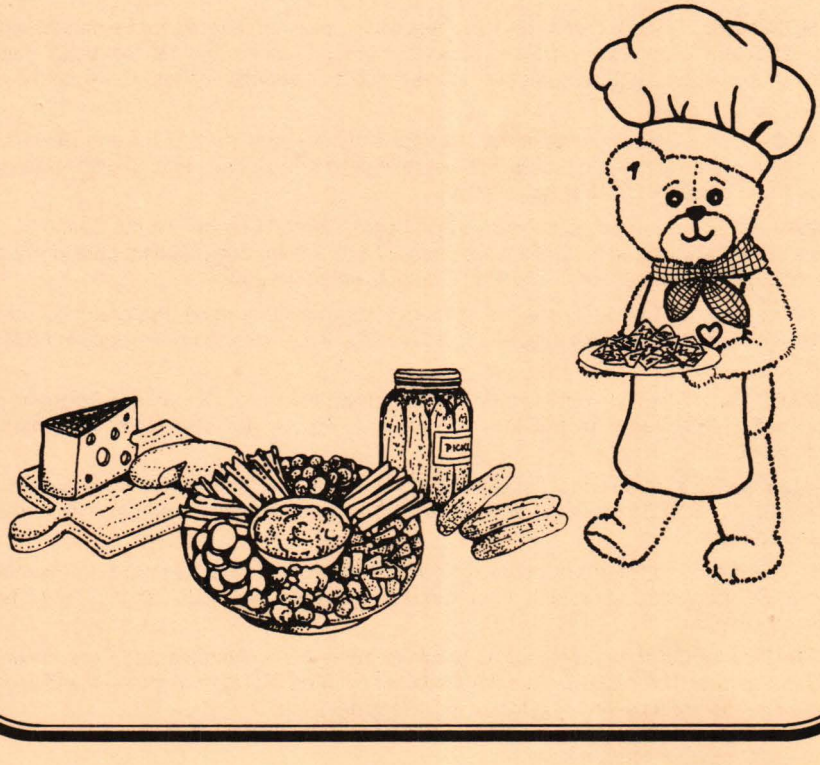
FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

Appetizers, Pickles, Relishes



A HANDY SPICE AND HERB GUIDE

ALLSPICE—a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL—the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES—the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY—the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER—a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL—the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE—the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM—an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)—is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO—a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA—a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY—the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY—an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE—the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME—the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC—a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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APPETIZERS, PICKLES, RELISHES

PIZZA PARTY SNACKS

1 lb. hot pork sausage or Italian sausage
1 lb. ground beef
1 lb. Velveeta cheese
1 pkg. party rye

Brown sausage and hamburger. Add oregano and garlic salt; season to taste. Drain off grease. Add Velveeta cheese; stir until mix is creamy. Spread on party rye. Bake for about 10 to 15 minutes at 350° until toasted.

This does make a large batch. It can be refrigerated until ready to use.

Barb Kolditz (Katy's daughter)

BEEF CHEESE BALL

1 pkg. dry beef
1 pkg. onion soup
1 tsp. garlic
8 oz. cream cheese
1 Tbsp. steak sauce
1 Tbsp. salad dressing

Mix all ingredients together and form a ball.

Pam Linville (Katy's daughter-in-law), Canton, IL

DILL DIP

1 c. sour cream
1 c. mayonnaise
1 tsp. parsley
1 tsp. dill weed
1 tsp. Beau Monde spice or seasoning salt
1 Tbsp. diced onion or onion flakes

Mix well and let set for a few hours.

Katherine Jacobs (Myrtle's friend), Peoria, IL

SALSA

1 qt. stewed tomatoes
½ c. onion, chopped fine
½ c. green pepper, chopped fine
¼ c. salad oil
1½ Tbsp. vinegar
1 tsp. salt
1 tsp. Tabasco
4 oz. hot Old El Paso jalapeno relish

Combine all ingredients. Refrigerate. Keeps for about a week.

Dorothy Schoolman (Maggie's co-worker), Peoria, IL

APPLE BUTTER

6 c. sauce to 3 c. sugar
Cinnamon
Allspice
Nutmeg

Cut, core, and peel apples. Cook on stove till soft; mash or use colander. Put all ingredients in pan and bake at 250° to 300° for 2½ to 3 hours (pan only ½ full). Cook till thick; spoon should set on top. *Burns easily!!*

Sue Sullivan (Betty's daughter), Plano, TX

ITALIAN SAUSAGE BALLS

1 lb. spicy sausage
1 lb. sharp Cheddar, shredded
2¼ c. Bisquick

In bowl, add all ingredients. Mix well until dough forms. Make 1 inch size balls. Bake 1 inch apart at 375° for 15 minutes.

Mary Lou Howard (Maggie's co-worker), Peoria, IL

CHEESE BALL

2 large pkg. "Philly" cheese (room temperature)
2 pkg. dried beef, chopped
1 small onion, chopped
Dash of garlic powder
Freeze dried chives

Mix all ingredients, except chives. Form into ball and roll in chives.

Angela Molleck (Chuck's daughter), Peoria, IL

ONION RING BATTER

1 c. flour
¼ tsp. salt
½ c. evaporated milk
2 Tbsp. oil
1 egg white (unbeaten)
6 Tbsp. water

Mix, adding water last. A little more water may be added if necessary.

Katy (Myrtle's daughter), Banner, IL

LAYERED MEXICAN DIP

9x9 inch pan
1 small can refried beans
½ red onion, chopped
3 avocados, mashed with 3 Tbsp. lemon juice
Thin layer of hot sauce
Shredded cheese
1 (8 oz.) ctn. sour cream
Shredded cheese
Olives, chopped into slices

Layer preceding ingredients in order listed and serve with tortilla chips.

Becky Herold (Bob's granddaughter), Ogden, UT

VEGETARIAN DIP

2 c. shredded Cheddar cheese
2 c. shredded Mozzarella cheese
1 large tomato, diced
1 medium green pepper, diced
3 green onions, diced
6 to 8 drops Louisiana hot sauce
Green Goddess dressing (enough to hold together)

Mix cheeses and add all other ingredients. Serve on nacho cheese chips.

Mary Fulton (daughter of Katie), Dunlap, IL

CHILLI DIP

2 lb. ground beef
2 cans chilli beans
2 lb. Velveeta cheese
1 pkg. chilli seasoning

Brown and drain hamburger. Combine all ingredients in crock pot. Cook until cheese is thoroughly melted. Serve hot as dip with corn chips or nacho chips.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

FREEZER OR REFRIGERATOR PICKLES

8 c. sliced cucumbers
1 c. sliced onions
1½ c. sliced green peppers
1 Tbsp. salt
4 c. sugar
2 c. white vinegar
2 Tbsp. celery seed
2 Tbsp. mustard seed

Let the first 4 ingredients stand for 2 hours and drain well. Colander can be used.

Syrup: Cook syrup to a boil. Combine with cucumber combination and bring to a boil again. Cool, refrigerate, or freeze.

Marie Hoffman (Barb's friend), Tiskilwa, IL

FRENCH DRESSING

1 c. catsup
¾ c. sugar
½ c. chopped onion
1 c. salad oil
1 tsp. dry mustard
½ tsp. pepper
½ tsp. salt
1 tsp. lemon juice
½ tsp. Worcestershire sauce
1 c. vinegar

Combine all ingredients in a quart jar and mix well. Refrigerate overnight before using.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

Notes

Soups, Salads, Vegetables

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Jams & Preserves	1½ lb.	3 lb.	6 lb.
Crackers	1½ lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1½ gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2½ pt.	½ gal.
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Canned Vegetables	1 #10 can	2½ #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or ½ c.)	6¼ lb.	12½ lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Fruit Cup (½ c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	⅓ pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

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SOUPS, SALADS, VEGETABLES

HEROLD'S HOMEMADE CHILI

4 oz. cumin
3 oz. oregano
6 oz. chili powder
2 oz. garlic powder
5 lb. hamburger
1 (No. 10) can tomato puree
2 (No. 10) cans kidney beans
2 Tbsp. salt
1 Tbsp. pepper

This recipe has a patent and was sold fresh and in cans in 1930's at *Herold's* in Peoria.

Combine cumin, oregano, chili powder, and garlic powder. Brown hamburger and drain. Add 5 tablespoons of seasoning mix, puree, beans, salt, and pepper. Simmer.

Myrtle Herold

CINCINNATI CHILLI

2 lb. lean hamburger
1 tsp. cinnamon
1 tsp. cumin
2 large chopped onion
1 tsp. Worcestershire sauce
1 clove garlic
2 Tbsp. chilli powder
1 tsp. black pepper
½ tsp. red or chilli pepper
1 Tbsp. salt
1½ tsp. ground allspice
1 (6 oz.) can tomato paste
1½ Tbsp. cider vinegar
3 large whole bay leaves
Chilli beans (optional)

Brown hamburger; drain. Crumble into 1 quart of water. Add remaining ingredients. Bring to boil. Simmer for 3 hours. Remove garlic and bay leaves.

Serve as chilli or over spaghetti.

Jeanette Jeffers (Joy's daughter), Midway, Park, NC

POTATO SOUP

6 c. water
6 cubed potatoes
½ large onion, chopped fine
3 stalks celery, chopped fine
3 c. milk
1 stick margarine
Salt
Coarsely ground pepper

Boil first 4 ingredients. Do not drain. Add last 4 ingredients and bring to boil. Reduce heat and simmer for 1½ hours.

May be thickened by gradually adding instant potatoes for a creamy potato soup.

Maggie Herold (Chuck's wife), Peoria, IL

CREAM OF BROCCOLI SOUP

1½ c. chicken broth
½ c. onion, chopped
2 c. broccoli, cut
½ tsp. dried thyme, crushed
1 small bay leaf
Dash of garlic powder
2 Tbsp. butter
2 Tbsp. flour
½ tsp. salt
Few dashes of white pepper
1 c. milk
½ to 1 c. shredded Swiss cheese (optional)

In pan, combine broth, onion, broccoli, thyme, bay leaf, and garlic. Bring to boil, reduce heat, and cover. Simmer for 10 minutes or till broccoli is tender. Remove bay leaf. Place ½ in blender and process. Pour into bowl. Repeat and set aside.

In same pan, melt butter. Blend in flour, salt and pepper. Add milk all at once. Cook and stir till thickened. Stir in the blended vegetable mixture and add cheese if desired. Simmer and stir till heated through. Season to taste with more salt and pepper.

Barb Grebner (Myrtle's daughter), Tiskilwa, IL

STEW MEAT SOUP

2 lb. stew meat
6 cubed potatoes
3 stalks celery, chopped
1 medium onion, chopped
6 large carrots, cubed
1 large can tomato juice
1 c. stewed tomatoes
Salt and pepper to taste

Brown stew meat. Add vegetables, except tomatoes and juice. Cover with water and cook for ½ hour. Add tomatoes and juice and simmer the longer, the better.

Maggie Herold (Chuck's wife), Peoria, IL

BROCCOLI-CHEESE SOUP

2 Tbsp. butter or margarine
1½ tsp. instant minced onion
3 Tbsp. flour
½ tsp. salt
⅛ tsp. pepper
¼ tsp. celery salt
2 c. milk
2 c. or 8 oz. process Cheddar cheese, shredded
2 chicken bouillon cubes
1½ c. hot water
1 c. broccoli (fresh or frozen), cooked and chopped
Few grains of paprika

Melt butter in a 3 quart saucepan over low heat. Add onion and cook until lightly browned. Stir in flour and seasonings. Add milk gradually, stirring constantly. Cook until thickened, continue stirring. Add cheese and stir till melted; remove from heat. Dissolve bouillon cubes in hot water. Stir into cheese mixture. Add broccoli. Heat to serving temperature. Makes 6 (¾ cup) servings.

Barb Grebner (Myrtle's daughter), Tiskilwa, IL

CREAM OF CUCUMBER SOUP

3 large cucumbers, peeled and sliced
2 Tbsp. butter
3 Tbsp. flour
3 c. chicken broth
1 c. milk
1 slice of onion
Touch of nutmeg
½ c. cream
2 egg yolks, slightly beaten

Cook cucumbers for 10 minutes in butter. Stir in flour. Gradually add broth. Scald together the milk, onion and nutmeg. Combine the 2 mixtures. Mix in blender.

Just before serving, reheat to the boiling point. Stir in cream and egg yolks. Season to taste with salt and pepper.

Angela Molleck (Chuck's daughter), Peoria, IL

PASTA SALAD

1 box thin spaghetti
1 jar McCormick Salad Supreme
1 can black olives
1 large green pepper
1 large jar pimentos
1 bottle Italian salad dressing (Viva or Zesty)

Cook spaghetti as directed. (Don't overcook.) When done, rinse with cold water and drain. Chop up the green pepper and slice up the olives and pimentos. In a large bowl or a 9x13 inch pan, put in all ingredients and mix up well. Seal well and store in refrigerator.

Sharon Thomas (friend of Betty), Peoria, IL

RAVIOLI SALAD

1 pkg. frozen ravioli, cooked and drained
2 to 3 c. fresh cauliflower and broccoli
½ green pepper, chopped
1 medium onion, chopped
1 can black olives
1 can mushrooms, drained

Mix all ingredients together. Add bottled Italian dressing to taste.

Fran Robbins (Barb's friend), Tiskilwa, IL

LIME JELLO SALAD

1 pkg. lemon jello
1 pkg. lime jello
3 c. water
½ c. cream, whipped or use Cool Whip
1 c. crushed pineapple, well drained
1 c. cottage cheese
½ c. nutmeats

Prepare jello, using the 3 cups of water. When quivery, whip the jello. Add the remaining ingredients.

Note: When doubling recipe, be sure to use only 6 cups of water. Do not overdo the water at any time, in order that salad remains solid. Also, when doubling recipe, do not double cottage cheese. If 2 salads are needed, it is better to make each separately.

Peg Jaskowiak (Barb's friend), Tiskilwa, IL

FRUIT SALAD

1 can pineapple chunks, drained and save juice
1 c. cut red grapes
1 c. walnuts
1 c. miniature marshmallows

Sauce:

1 Tbsp. flour
3 Tbsp. sugar
1 egg
1 Tbsp. vinegar
Pineapple juice

Combine pineapple, grapes, walnuts, and marshmallows. Set aside. Cook together the flour, sugar, egg, vinegar, and pineapple juice. Boil for 5 minutes, stirring constantly. Pour sauce over other mixture. Cool and serve.

Joy Swartz (Myrtle's daughter), Peoria, IL

WATERGATE SALAD

8 or 9 oz. ctn. non-dairy whipped topping
3¾ oz. pkg. pistachio instant pudding
1 lb. can crushed pineapple (do not drain)
1 c. miniature marshmallows
½ c. chopped nuts

Fold dry pudding into topping and blend well. Add pineapple, marshmallows and nuts. Refrigerate overnight.

May be frozen and served in slices.

Kay Jensen (Myrtle's niece), Omaha, NE

PINK SALAD

1 (small) pkg. strawberry jello
⅓ c. water
1 (No. 2) can crushed pineapple
1 (3 oz.) pkg. cream cheese
16 marshmallows (large ones)
1 can Milnot, chilled

Heat the first 5 ingredients until all are dissolved. Cool, but don't set. Whip can chilled Milnot (really stiff), and mix with the cooled jello mixture. Add pecans if desired. Let set overnight.

Peg Jaskowiak (Barb's friend), Tiskilwa, IL

FARMER'S SALAD

3 firm tomatoes
2 large cucumbers
1 large sweet onion
½ c. salad oil
¼ c. vinegar
1 tsp. tarragon
1 tsp. sweet basil
Salt and pepper to taste

Slice veggies (peel cucumber). Combine oil, vinegar and seasonings. Blend well and pour on veggies. Cover and refrigerate overnight.

Maggie Herold (Chuck's wife), Peoria, IL

COLE SLAW

Sauce:

1 c. salad dressing
2 Tbsp. vinegar
½ c. sugar
2 Tbsp. celery seed

Mix salad dressing and vinegar. Add sugar and celery seed; mix thoroughly and test for flavor. Add more sugar or celery if preferred. Let stand in refrigerator for 30 minutes. (Double sauce recipe and save ½ for later; will keep for several weeks in refrigerator.)

Cabbage Mix:

1 head shredded cabbage
¼ c. shredded carrot
¼ c. shredded red cabbage

Mix cabbage, carrot, and red cabbage. Add sauce and stir. Let stand overnight in refrigerator. Stir and serve.

Angela Molleck (Chuck's daughter), Peoria, IL

BROCCOLI SALAD

1 head broccoli, chopped
8 strips bacon
1 c. mayonnaise
⅓ c. (or less) sugar
1 Tbsp. vinegar
1 to 2 green onions, minced

Cook and dice meat. Mix all ingredients. Let stand in refrigerator for a few hours.

Esther Tracy (Barb's friend), Tiskilwa, IL

BROCCOLI SALAD

1 to 1½ lb. broccoli stalks
1 to 2 tomatoes
½ clove garlic or ½ to 1 tsp. garlic salt
½ tsp. salt
2 tsp. lemon juice
2 Tbsp. wine vinegar
¼ c. oil (preferably olive)
¼ c. Parmesan cheese

Cut off ends of stalks and clean off rough sides. Chop into pieces. I use the coarse grater on my food processor, but you can use a knife. Put in bowl. Add diced tomatoes. If using winter tomatoes, you can add 3 tablespoons of V-8 juice to give more juice. Make dressing using the rest of the ingredients, putting ½ of the cheese into broccoli and rest in dressing.

This is a great way to use the stalks that you usually throw away. If you have any left over it will stay good for a couple of days. You can use more Parmesan if you like.

Lucille G. Herold (Bob's wife), Ogden, UT

CRANBERRY SALAD

1 large pkg. red jello (cherry or raspberry)
1 pkg. fresh or frozen ground cranberries
1 (large) can pineapple (crushed)
1 c. chopped dates

Mix and serve. Serves 12.

Edwardine Gross (Barb's friend), Tiskilwa, IL

BAKED GERMAN POTATO SALAD

1 c. bacon, diced
1 c. celery, diced
1 c. (or less) onion
3 tsp. salt
3 Tbsp. flour
⅔ c. sugar
⅔ c. vinegar
½ tsp. pepper
1⅓ c. water
8 c. sliced, cooked potatoes

Fry bacon; drain. Return 4 tablespoons bacon grease to skillet. Add celery, onion, salt, and pepper. Cook gently. Add sugar, vinegar, pepper, and water. Bring to a boil. Pour over potatoes and bacon. Place in 3 quart dish and cover. Bake at 350° for 30 minutes. Serves 12.

Carolyn Mahon (Barb's friend), Tiskilwa, IL

POTATO SALAD

6 to 8 cooked potatoes, cut up
4 to 5 hard-boiled eggs
2 Tbsp. chopped green onion
2 c. Miracle Whip
¼ c. prepared mustard
¼ c. sugar
2 or 3 Tbsp. vinegar

Mix in bowl. Dilute if too sharp with half & half. Pour Miracle Whip, etc. over potatoes, eggs and onion while potatoes are still warm.

The mustard in this recipe really gives the Potato Salad a zing.

Jane Herold O'Doherty

POTATO SALAD

5 lb. potatoes
1 doz. eggs
1 small onion
½ stalk celery
2 c. Miracle Whip
½ c. sugar
¼ c. vinegar
1 Tbsp. mustard
Salt and pepper

Boil, peel, and cube potatoes. Boil, peel, and chop eggs very fine. Chop onion and celery very fine.

To Miracle Whip, add and mix well ½ cup sugar, *then* add vinegar and mustard. Pour on the mixture of potatoes, eggs, onion, and celery. Salt and pepper to individual taste.

Maggie Herold (Chuck's wife), Peoria, IL

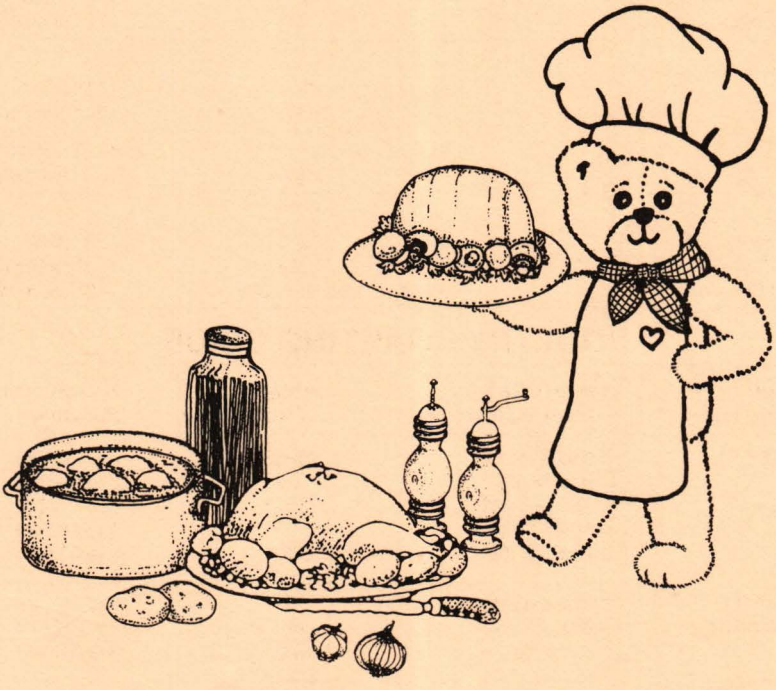
SEVEN LAYER SALAD

Large head of lettuce
1 c. chopped green onion
1 c. frozen peas
1 c. chopped celery
1 pt. mayonnaise
1 bag shredded cheese
Bacon bits

Layer ingredients in order listed in pan. Sprinkle with bacon bits. Let set overnight.

Virginia (Muriel) Royer (Katie's step-daughter), Hanna City, IL

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast [1]			
(10 inch) ribs)	4	1¾	140° (rare)
[1] If using shorter cut (8-inch)		2	160° (medium)
ribs, allow 30 min. longer		2½	170° (well done)
	8	2½	140° (rare)
		3	160° (medium)
		4½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump [2]	5	2¼	140° (rare)
		3	160° (medium)
		3¼	170° (well done)
Sirloin tip [2]	3	1½	140° (rare)
[2] Roast only if high quality.		2	160° (medium)
Otherwise, braise.		2¼	170° (well done)
LAMB			
Leg	6	3	175° (medium)
		3½	180° (well done)
	8	4	175° (medium)
		4½	180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN	2 to 2½ lbs.	400°	1 to 1½ hrs.
(Unstuffed)	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

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MAIN DISHES

BREAKFAST CASSEROLE

4 slices bread
1 lb. bulk sausage
1 c. Cheddar cheese, grated
6 eggs
2 c. milk
1 tsp. dry mustard
1 tsp. salt
Dash of pepper

Tear bread and put in casserole dish. Brown sausage, drain and put over bread. Sprinkle Cheddar cheese over bread and sausage. Beat together eggs, milk, mustard, salt, and pepper and pour over mixture. Bake at 350° for 35 to 40 minutes.

Pam Linville (Katy's daughter-in-law), Canton, IL

TACETO'S BREAKFAST BURRITO

1 lb. sausage
3 c. hash browns
5 eggs
Flour tortillas
Picante sauce
Diced onions
Shredded Cheddar cheese

Brown sausage. Cook hash browns and mix together in skillet. Beat eggs and add to skillet. Cook till eggs are done. Heat tortillas. Put some of the mixture into each tortilla. Add picante sauce, onions and cheese and roll up. Makes 10.

Mike Gordon (Joy's son-in-law), Chillicothe, IL

BREAKFAST EGGS

12 or 13 slices bread, crusts removed and cubed
1 lb. Velveeta cheese, cut up in small cubes
12 eggs, slightly beaten
6 c. milk
1 tsp. salt
Some pepper
½ to 1 lb. bacon, crisply cooked (optional)

In a 10x13 inch pan, place 6 or 7 cubed slices of bread. Add layer of ½ pound cheese, cubed. Repeat layers of 6 or 7 cubed slices of bread and ½ pound cheese (cubed). Beat slightly the 12 eggs. Add to eggs the 6 cups milk, 1 teaspoon salt and some pepper. Pour milk-egg mixture over bread and cheese. Refrigerate overnight.

Top with (optional) ½ to 1 pound of crisply cooked bacon. Bake eggs in a 350° oven for 1 hour or cut and "brown in" skillet. Test by inserting knife in center.

Is better if very well done as it needs to really be set up.

Helen Grieff (Barb's friend), Tiskilwa, IL

EGG SOUFFLE

14 slices buttered bread, cubed (I use upside-down)
2 c. milk
6 eggs, beaten
1½ c. American cheese, grated
1 tsp. dry mustard
1 tsp. salt
Dash of pepper

Combine ingredients and stir just until blended. Pour into buttered casserole. Bake for 45 minutes at 350° or until knife comes out clean. Yield: 8 servings.

I add small ham cubes.

Fran Robbins (Barb's friend), Tiskilwa, IL

CHICKEN BREASTS WITH CREAM

8 to 10 boneless and skinless chicken breasts (halves)
1 (10¼ oz.) can cream of mushroom soup
½ c. white wine
¼ c. finely chopped onion
½ tsp. salt
Dash of pepper
Dash of garlic salt
1 c. sliced fresh or canned mushrooms
¾ c. dairy sour cream

Place breasts, side by side, in shallow baking dish. Blend soup, wine, onion, and seasonings until smooth. Stir in mushrooms. Pour over chicken. Cover loosely with foil. Bake in preheated 350° oven for 45 minutes. Remove foil. Continue baking for 60 minutes. Remove chicken from pan. Stir sour cream into sauce until smooth. Place breasts on top of rice. Top with sauce and serve. Serves 8.

Frances Hartley Hogan (Myrtle's niece), Fort Dodge, IA

TUNA CASSEROLE

2 c. cooked noodles
1 (7 oz.) can tuna
1 can condensed cream of mushroom soup
¼ c. water or milk or sherry
¼ c. corn flake crumbs
1 Tbsp. butter or oleo

Place 1 layer of noodles in greased 1 quart casserole. Cover with ½ can of tuna. Add another layer of noodles and another layer of tuna. Top with third layer of noodles. Mix mushroom soup with water, milk or sherry and pour over noodle-tuna mixture. Top with corn flakes and dot with butter. Bake in a 375°F. oven until top is browned and contents heated through. Makes 4 servings.

Myrtle Herold

IMPOSSIBLE BACON PIE

12 slices bacon (about ½ lb.), crisply fried and crumbled
1 c. shredded natural Swiss cheese (about 4 oz.) (Cheddar, Mozzarella, or combo's thereof)
⅓ c. chopped onion
½ c. mushrooms, sliced (optional)
2 c. milk
1 c. Bisquick baking mix
4 eggs
¼ tsp. salt
⅛ tsp. pepper

Heat oven to 400°. Lightly grease 10 inch pie plate. Sprinkle bacon, cheese and onion, (and mushrooms) in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or for 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, about 30 min-

utes. Let stand for 5 minutes. Garnish with bacon curls and parsley sprigs if desired. Refrigerate remaining pie. Makes 6 servings.

Note: If doubling recipe, for 9x13 inch pan, most blenders will only hold 1 recipe at a time.

Fran Robbins (Barb's friend), Tiskilwa, IL

ROUND STEAK WITH RICH GRAVY

2 to 2½ lb. round steak
1 pkg. dry onion soup mix
¼ c. water
1 can condensed cream of mushroom soup

Cut steak into 5 or 6 serving size pieces. Place in slow cooking pot. Add dry onion soup mix, water, and condensed mushroom soup. Cover and cook on LOW for 6 to 8 hours. Makes 5 or 6 servings.

Excellent when served with mashed potatoes.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

CHOP SUEY CASSEROLE

1 (3 oz.) can turkey or use left over chicken or turkey
1 (3 oz.) can Chinese noodles
1 c. diced celery
½ c. cashew nuts
¼ c. chopped onions
1 can mushroom soup, diluted with ½ c. water

Mix all ingredients together. Bake at 375° for 25 minutes.

Amy Herold (Bob's granddaughter), Layton, UT

CHOP SUEY

2 Tbsp. butter
1 c. finely cut celery
½ c. minced onion
1 lb. ground beef
1 tsp. thick soy sauce
1 can bean sprouts
Thin soy sauce

Melt butter. Add celery and onion; cook slowly until tender. Add beef; cook and stir for 5 minutes. Add thick soy sauce and bean sprouts. Mix well and heat. Serve with thin soy sauce.

Angela Molleck (Chuck's daughter), Peoria, IL

CARROT AND CHEESE CASSEROLE

2 c. cooked rice
3 c. shredded carrots
1½ c. shredded Cheddar cheese
½ c. milk
2 beaten eggs
3 Tbsp. diced onions
1 tsp. salt
¼ tsp. pepper

Combine ingredients and pour into greased 1½ quart casserole. Sprinkle with another ½ cup shredded cheese. Bake in a 350° oven for 50 to 60 minutes. Serves 6.

Kate Linville (Myrtle's daughter), Banner, IL

TASTE TEMPTING TACO MAIN DISH

1 lb. ground beef
1 (15 oz.) can tomato sauce
1 env. taco seasoning mix
2½ c. corn chips or tostada chips (whichever you prefer)
1 (15½ oz.) can refried beans (optional)
2 oz. (½ c.) shredded Cheddar cheese (more if you like yours cheesier)
Shredded lettuce (optional)
Chopped tomatoes (optional)

Brown ground beef. Add 1½ cups tomato sauce and taco seasoning mix. Line bottom of 13x9x2 inch baking dish with 2 cups of the chips. Crush remaining chips and set aside. Spoon meat and sauce mixture over the corn chips. Combine rest of sauce and beans and spread over meat. Bake at 375° until mix is heated through (about 25 minutes).

Sprinkle Cheddar cheese and crushed chips over casserole and bake until cheese is melted (about 5 minutes). Top whole casserole with tomatoes and lettuce for an extra special look. Sour cream and/or guacamole dip could be served on the side to spoon on top.

Julie Church (Barb's friend), Tiskilwa, IL

CHICKEN PUFFS

2 Tbsp. butter
¼ c. flour
1 egg
¼ c. shredded Swiss cheese
2 c. finely chopped, cooked chicken
¼ c. finely chopped celery
2 Tbsp. chopped pimento
2 Tbsp. dry white wine
¼ c. mayonnaise

Melt butter in ¼ cup boiling water. Add flour and dash of salt; stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat and cool slightly. Add egg and beat vigorously until smooth. Stir in cheese. Drop 1 teaspoon dough per puff on greased cookie sheet. Bake at 400° for 20 minutes. Remove puffs, cool, and split. Combine remaining ingredients. Season with salt and pepper. Fill each puff with 2 teaspoons.

Angela Molleck (Chuck's daughter), Peoria, IL

HAM AND BROCCOLI CASSEROLE

2 pkg. (10 oz.) frozen, chopped broccoli
2 c. cooked ham, cut up
1½ c. shredded Cheddar cheese
1 c. Bisquick
3 c. milk
4 eggs

Cook broccoli as directed; drain. Spread in ungreased 13x9x2 inch baking dish. Layer ham and cheese over broccoli. Beat remaining ingredients with hand beater until smooth. Pour slowly over cheese. Bake, uncovered, for 1 hour in a 350° oven.

Katy (Myrtle's daughter), Banner, IL

PIZZA MEAT LOAF

2 lb. hamburger
1 pkg. dry onion soup
1½ c. crushed soda crackers
1½ c. grated Parmesan cheese
1 (8 oz.) can pizza sauce
Mozzarella cheese

Combine hamburger, onion soup, crackers, and Parmesan cheese. Put into an 8x8 inch baking pan. Bake at 350° for 40 minutes. Remove from oven. Add pizza sauce and Mozzarella cheese. Return to oven until cheese melts.

Joy Swartz (Myrtle's daughter), Peoria, IL

MANICOTTI

1 box manicotti, cooked and drained
1½ lb. hamburger, cooked and drained
8 to 10 slices American cheese
1 jar meatless spaghetti sauce
1 jar mushrooms, drained
Parmesan cheese

Mix hamburger and cheese in no-stick fry pan over low heat until cheese is thoroughly melted, stirring often. Spoon into manicotti shells. Lay shells in greased casserole dish. Smother with spaghetti sauce. Top with mushrooms and Parmesan cheese. Cover and bake for 30 minutes at 350°.

Angela Molleck (Chuck's daughter), Peoria, IL

PORK CHOPS AND RICE

1½ c. Minute rice
1½ c. water
3 cubes beef bouillon
2 Tbsp. butter
1 medium onion, chopped
6 pork chops
2 small cans mushrooms, drained

Bring water to boil, adding bouillon cubes. Add rice and butter; set aside. Lightly brown pork chops on both sides. Add chopped onion and mushrooms to rice. Put rice in 9x13 inch pan. Arrange pork chops over rice. Cover with foil. Bake for 30 minutes in a 350° oven.

Ethel Morse (Myrtle's friend)

EGG CASSEROLE

12 to 14 eggs, beaten
1 lb. bacon, crisp and broken into pieces
1 onion, diced
1 can sliced mushrooms, drained
1 can celery soup
9 slices bread, trimmed of crusts and diced
1 jar pimento, drained
1 can water chestnuts, sliced and drained
Salt and pepper to taste

Mix all ingredients together. Bake in high or big casserole (3 to 3½ quart) for 1 hour at 350°. Cover for 40 minutes, then brown. You can tell when done as it will appear set. Serves 10.

Shellee Schafer (Barb's friend), Tiskilwa, IL

ITALIAN BEEF

3 to 4 lb. roast
1 lg. onion
1 tsp. oregano
½ tsp. Italian seasoning
½ tsp. onion salt
1 tsp. salt
½ tsp. garlic salt

Cook in crock pot for 12 to 14 hours (MEDIUM). Add *no* water. Break apart. Add 1 can undiluted mushroom soup for extender if desired.

Betty Ricca (daughter), Bartonville, IL

LAYERED CHICKEN CASSEROLE

6 slices bread
2 c. cooked, diced chicken or turkey
½ lb. fresh mushrooms or 1 large can mushrooms
8 oz. can water chestnuts
1 can mushroom soup
1 can celery soup
½ c. mayonnaise
2 oz. jar pimentos
6 slices sharp cheese or American cheese
3 eggs, well beaten
1 c. milk

First layer: Remove crusts from sandwich bread and cover bottom of 9x13 inch greased pan.

Second layer: Combine chicken, mushrooms and sliced water chestnuts. Place over bread.

Third layer: Mix together mushroom and celery soups (both undiluted), mayonnaise and pimento. Pour over second layer, then add slices of cheese.

Fourth layer: Mix together beaten eggs and milk; pour over all. Cover with foil and let set overnight in refrigerator.

Bake at 350° for 1 hour and 15 minutes. Remove foil and add the following: Two cups Pepperidge Farm dressing and 4 tablespoons melted margarine, mixed well. Bake for 15 minutes longer. (Bread crumbs may be used instead of dressing mix.) Yield: 8 servings.

Fran Robbins (Barb's friend), Tiskilwa, IL

SHRIMP CREOLE

1 Tbsp. butter or margarine
½ c. chopped onion
1 clove minced garlic (or garlic powder)
1 Tbsp. flour
1 large can tomatoes (or 6 large fresh tomatoes, peeled and chopped)
½ c. celery
1½ tsp. salt
¼ tsp. thyme
Cayenne to taste (or several drops of Tabasco sauce)
2 bay leaves
2 lb. raw shrimp, peeled and deveined

Saute butter, onion and garlic. Blend in flour. Add tomatoes, celery and seasonings. Simmer for 10 minutes. Add shrimp. Simmer for 10 minutes. Serve over rice. Serves 6.

When using cooked shrimp, increase first simmering time to 20 minutes, and just heat shrimp through the second time.

Frances Hartley Hogan (Myrtle's niece), Fort Dodge, IA

HAM LOAF

3 lb. ham loaf
2 eggs
2 cracker crumbs
1¼ c. milk
2 tsp. Worcestershire sauce
Pepper

Glaze:

½ c. apricot juice
6 Tbsp. brown sugar
Butter

Mix first 6 ingredients. Cover and bake at 350° for 1½ to 1¾ hours. Remove from pan and put on glaze. Dot with the butter and bake for 30 minutes more, uncovered.

Barb Grebner (Myrtle's daughter), Tiskilwa, IL

SMOKED SAUSAGE SUPPER

1½ qt. chopped, cooked potatoes
7 cheese slices, chopped
¼ c. green onion, chopped
¼ c. Kraft Golden Blend Italian dressing
2 Tbsp. pimiento, chopped
1 lb. smoked sausage
3 cheese slices, cut in halves

Combine potatoes, cheese, onion, dressing, and pimento. Mix lightly. Spoon into casserole dish. Top with sausage. Bake at 350° for 30 minutes or until thoroughly heated. Top with cheese slices and bake until cheese melts.

Microwave instructions: Assemble as directed. Microwave on HIGH for 8 to 10 minutes until thoroughly heated, turning every 4 minutes. Top with cheese and microwave for 30 seconds or until cheese melts.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

MEAT LOAF 'N OATMEAL

2 lb. ground beef
¾ c. oatmeal
1 egg
1 oz. chopped onion
1 oz. chopped green pepper
1 Tbsp. Kitchen Bouquet
½ c. catsup
Salt and pepper to taste

Mix all ingredients. Shape into loaf. Bake at 325° for 1 to 1½ hours.

Maggie Herold (Chuck's wife), Peoria, IL

HAM PINEAPPLE RINGS

1 lb. ground smoked ham
1 lb. ground pork
1½ c. soft bread crumbs
2 beaten eggs
8 slices pineapple
1½ c. brown sugar
½ c. vinegar
½ c. pineapple syrup
1 tsp. dry mustard
8 slices American cheese

Combine meats, bread crumbs and eggs. Form into 16 patties. Put 2 patties together with a slice of pineapple between. Seal fruit inside and make a hole in the center much like a doughnut. Bake in a shallow pan in a 300° oven for 1 ¼ hours. Baste with Pineapple Sauce.

Pineapple Sauce: Combine sugar, vinegar, pineapple syrup, and dry mustard. Just before serving, place cheese slice on each and heat until cheese melts and lightly browns.

Karen Ricca (Betty's daughter-in-law), Streator, IL

HAM BALLS

Ham Balls:

2 lb. ground ham (raw)
1 lb. ground hamburger
1 lb. ground pork sausage
2 c. milk
2 c. cracker crumbs
¼ c. diced green pepper
¼ c. diced celery
¼ c. diced onion
4 eggs
Dash of salt and pepper

Mix together Ham Ball mixture. Makes 20 to 24 small loaves or 10 large loaves. Bake at 350° for 1 hour, uncovered, basting with topping.

Topping:

1 can tomato sauce
3 Tbsp. vinegar
1 Tbsp. dry mustard
1 c. brown sugar

Mix topping ingredients together.

Sondra Franks (Betty's friend), Peoria, IL

BEEF STROGANOFF

1 to 1½ lb. round steak
1 stick oleo
1 can cream of mushroom soup
1 c. bouillon
1 small onion, chopped
2 Tbsp. catsup
1 c. sour cream
Seasoning powder or salt

Powder round steak with salt, pepper, and garlic salt (or seasoning salt); pound to tenderize. Cut into bite-size pieces. Brown meat and chopped onion in butter until tender, approximately 30 minutes. Add soup, bouillon, and catsup. Cook, uncovered, for 20 to 30 minutes. Add sour cream and heat for about 10 minutes.

Serve over noodles, rice, or toast.

Pat Schultz (Maggie's friend), Peoria, IL

VEGETABLES AU GRATIN

1 c. medium white sauce
4 oz. sharp process American cheese
4 c. hot, cooked or canned vegetables
½ c. fine, soft bread crumbs
1 Tbsp. butter, melted

Blend white sauce and cheese. Combine with vegetables. Pour into 1 quart casserole. Toss crumbs with butter; sprinkle atop vegetable mixture. Bake at 350° for 20 to 25 minutes till browned.

Angela Molleck (Chuck's daughter), Peoria, IL

JAN'S BEANS

2 large cans pork and beans
1 lb. hamburger
½ lb. bacon, cooked
1 large onion, chopped and cooked
1 large c. solid tomatoes, drained and chopped
½ c. brown sugar
1 Tbsp. chili powder

Cook bacon, onion, and hamburger. If pork and beans have too much juice, pour off a little. Add to cooked mixture. Add chopped tomatoes, brown sugar, and chili powder mixed with a little tomato juice. Put in a casserole dish and bake in a 325° oven for 1½ hours, *uncovered.*

Jan Herold (Bob's daughter-in-law), Layton, UT

TEXAS POTATOES

1 large bag hash brown potatoes
¼ c. oleo
Salt and pepper to taste
½ c. chopped onions
1 c. cream of chicken soup
1 small ctn. sour cream

Mix all ingredients well. Bake in greased 9x13 inch pan at 350° for 1½ to 2 hours.

Kate Linville (Myrtle's daughter), Banner, IL

POTATOES AU GRATIN

2 lb. frozen hash browns
1 lb. Velveeta cheese
1½ to 1¾ c. milk
¼ c. margarine
1 tsp. salt
½ Tbsp. dried onions

Thaw bags of hash browns for 1 hour. Melt cheese in milk. Add margarine, salt, and onions; mix well. Pour over potatoes in 2 quart casserole. Chill for several hours. Bake at 350° for 1 hour.

Cathy Davis (Kati's daughter), Dunlap, IL

CANDIED SWEET POTATOES

1 large can sweet potatoes
½ c. brown sugar
4 oz. molasses
Marshmallows

Into Pyrex dish, put potatoes. Leave liquid on sweet potatoes. Add brown sugar and molasses. Bake in a 325° oven for 1 hour. Add marshmallows 5 minutes before removing from oven.

Maggie Herold (Chuck's wife), Peoria, IL

ELEGANT CORN CASSEROLE

1 (17 oz.) can cream-style corn
1 c. crackers, finely crushed
⅓ c. finely diced celery
¼ c. or less minced onion
¾ c. cubed American cheese or Velveeta
1 tsp. salt
2 eggs, beaten
2 Tbsp. melted butter
1 c. milk

Mix all together. Put in greased 1½ quart casserole. Bake at 350° for 50 minutes. Top with buttered bread crumbs last 10 minutes. If casserole is not set, bake longer.

Esther Tracy (Barb's friend), Tiskilwa, IL

CARROT CASSEROLE

1 tube crushed Ritz crackers
¼ lb. butter
1 small onion, chopped
1 Tbsp. flour
1 c. milk

Saute onion in butter. Add flour and slowly stir in milk. Boil cut up carrots until almost done. Drain and mash to a coarse texture. Add to sauce mixture. Place in buttered casserole dish and add topping.

Topping: Heat 3 tablespoons butter and add crackers. Heat and stir until crackers are moist. Sprinkle over top of casserole. Bake at 350° for 20 to 30 minutes.

Roy Herold (Bob's son), Layton, UT

HUNGARIAN GOULASH

2 lb. beef chuck, cut into 1 inch pieces
4 Tbsp. hot fat
1 c. chopped onion
1 small clove garlic, minced
¾ c. catsup
⅜ c. Worcestershire
1 tsp. vinegar
1 Tbsp. brown sugar
2½ tsp. paprika
2 tsp. salt
1 tsp. dry mustard
Dash of red pepper
3 c. water

Brown meat in hot fat and add and continue to brown the onion and garlic. Mix together remaining ingredients and add to meat. Cover and simmer for 2 to 2½ hours. Thicken gravy and serve over noodles.

Karen Ricca (Betty's daughter-in-law), Streator, IL

BROCCOLI AND CAULIFLOWER CASSEROLE

Saute in pan:

1 chopped onion
½ stick butter

Other ingredients:

1 (10 oz. or more) pkg. frozen broccoli or cauliflower, cooked and drained
1 c. rice
1 can cream of mushroom soup
½ c. water
½ to 1 c. cheese (Velveeta)
½ c. milk

Add to onion mixture. Put in greased baking dish. Bake in a 350° oven for 30 to 40 minutes.

Stella Storey (Maggie's friend), Peoria, IL

ZUCCHINI RIPIENI

1 qt. zucchini, cubed
1 egg, beaten
¼ tsp. salt
¼ c. catsup
½ c. bread crumbs
¼ tsp. thyme
½ lb. sausage
1 small onion, chopped fine
⅓ c. Parmesan cheese

Cook zucchini in boiling, salted water for about 10 minutes. Drain well. Saute sausage and onion; drain well. Combine all ingredients, except cheese. Sprinkle cheese over top. Bake at 350° for 20 minutes.

Esther Tracy (Barb's friend), Tiskilwa, IL

SWISS PEANUT QUICHE

1 c. shredded Swiss cheese
¾ c. chopped onion
½ c. salted peanuts, shelled
1 (9 inch) unbaked pie shell
2 Tbsp. chopped parsley
1 c. light cream
3 eggs, slightly beaten
½ tsp. dry mustard

Combine cheese, onion, peanuts, and parsley. Spoon into pie shell. Beat cream, eggs, and mustard until well blended. Pour over cheese mixture. Bake at 375° for 40 to 45 minutes. It's done when knife inserted in middle comes out clean. Let cool for 10 minutes. Serves 6.

Tim Herold (Chuck's son), Phoenix, AZ

UPSIDE-DOWN FETTUCINE BAKE

½ lb. Italian sausage (no casing)
¼ c. onion
1 (16 oz.) can tomatoes
½ c. (2 oz.) Mozzarella cheese
¼ c. Parmesan cheese
3 eggs, slightly beaten
2 Tbsp. margarine
2 Tbsp. parsley
¼ c. garlic powder
¼ tsp. oregano

Brown meat; drain. Add onion and cook. Stir in tomatoes. Add oregano and bring to boil. Simmer for 20 minutes, stirring occasionally. Stir in Mozzarella cheese. Sprinkle Parmesan cheese over tomato mixture.

Noodles: Cook 1 package of fettucine noodles; drain. Add mixture of eggs, margarine, parsley, and garlic over noodles; stir in. Spread meat mixture in bottom of casserole or cake pan and top with noodle mixture. Sprinkle top with more Parmesan. Bake at 350° for 25 minutes.

You can either turn over on a platter to serve or leave in dish.

Carol Lauritzen (Barb's friend), Tiskilwa, IL

RANCHERA SAUCE

¼ c. oil
½ onion, chopped
1½ stalks celery, chopped
1 green pepper, chopped
¼ c. flour
¼ tsp. marjoram
½ tsp. salt
¾ tsp. pepper
1½ tsp. garlic powder
¼ tsp. oregano
½ tsp. MSG
2 c. water
1½ tsp. chicken stock base
½ c. chicken broth
2 c. crushed tomatoes

Heat oil. Add onion, celery, and green pepper. Cook until vegetables are soft and onion is transparent. Mix flour, marjoram, salt, pepper, garlic powder, oregano, and MSG. Add water slowly to seasoned flour and mix until smooth. Combine vegetables, flour mixture, chicken stock base, chicken broth, and tomatoes. Cook over medium heat, stirring often, until mixture boils and thickens, about 1 hour. Makes enough sauce for 12 enchiladas.

Roy Herold (Bob's son), Layton, UT

ENCHILADAS RANCHERAS

½ lb. Cheddar cheese
2 lb. Jack cheese
2 green onions, chopped
½ c. margarine
12 corn tortillas
Oil
Ranchera Sauce
Additional Jack cheese
Dairy sour cream
Guacamole

Shred Cheddar or Jack cheeses. Mix cheeses, onions, and margarine until well blended. Roll cheese mixture into sticks the length of a tortilla. Soften tortillas by placing for a few moments in hot oil in a skillet. Remove and drain on paper towels. Place a cheese stick on each tortilla and roll up. Place enchiladas, side by side, in a glass cake pan. Cover with Ranchera Sauce and top with Jack cheese. Place in a 400° oven for 20 minutes.

When serving enchiladas, top with sour cream and guacamole. Makes 12.

Roy Herold (Bob's son), Layton, UT

POTATOES

2 lb. hash browns (frozen)
1 can cream of mushroom soup
8 oz. sour cream
2 c. shredded Cheddar cheese
Onion to taste
Salt and pepper to taste

Mix together. Bake at 350° for 1 hour.

I let mine bake longer to get crispy.

Anna Jean Bell (Barb's friend), Tiskilwa, IL

TASTY POTATOES

2 lb. frozen hash browns
1 lb. Cheddar cheese
Seven Seas Italian dressing (dry)
1 stick oleo
½ c. milk

Mix all together in a 9x13 inch pan. Bake at 350° for 1 hour.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

MACARONI AND CHEESE

7 oz. macaroni (uncooked)
2¼ c. boiling water
8 oz. Velveeta cheese
½ stick oleo
1 lb. cottage cheese

Pour water over macaroni. Add rest of ingredients. Bake, uncovered, at 350° for 1 hour; stir twice.

Carolyn Mahon (Barb's friend), Tiskilwa, IL

RICE AND BROCCOLI CASSEROLE

1 c. regular rice
1 pkg. frozen broccoli
1 (8 oz.) jar Cheez Whiz
1 can mushroom soup

Cook rice according to directions but cut cooking time in half. Cook broccoli just till it comes apart. Drain both rice and broccoli. Saute 1 large onion in ½ cup butter or oleo. Add rice, broccoli, soup, and Cheez Whiz. Put in square casserole dish and cover. Bake at 350° for 1 hour.

Myrtle Herold

BROCCOLI CASSEROLE

1 lb. bag chopped broccoli
1 c. Minute rice
½ c. chopped onions
1 stick margarine
1 small jar Cheez Whiz

Brown onions. Melt butter. Combine broccoli, butter, onions, rice, and Cheez Whiz. Mix well. Bake for 45 to 60 minutes at 350°, depending on type of oven. Stir well and serve.

Barb Kolditz (Katy's daughter)

AUNT LOIS' CORN

1 can cream corn
1 can whole kernel corn with juice
1 stick butter, chopped
1 c. uncooked macaroni
1 c. chopped Velveeta cheese

Bake at 350° for 1 hour.

Anna Jean Bell (Barb's friend), Tiskilwa, IL

BARBEQUE SAUCE

1 bottle Brook's ketchup
2 Tbsp. flour
½ c. brown sugar
½ c. water
3 Tbsp. vinegar
1 can corned beef

Add to:

1 lb. browned hamburger
1 onion

Simmer.

Betty Ricca (daughter), Bartonville, IL

ITALIAN BEEF

3 lb. rump roast
2 c. water
2 beef bouillon cubes
1 tsp. oregano
¼ tsp. garlic powder
1 tsp. basil
1 pkg. dry onion soup mix

Mix all together. Cook in crock pot on LOW for 18 hours or on HIGH for 8 hours. Serve on steak buns with au jus on the side. Also good with Mozzarella cheese and hot or mild peppers.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

HOT CHICKEN CASSEROLE

3 c. cut up chicken, cooked
4 hard-boiled eggs, diced
7 oz. pkg. Creamettes macaroni (uncooked, 2 c. small macaroni)
1 c. Velveeta cheese, diced
⅓ c. chopped onion

Mix preceding.

Combine:

1 c. milk
1 can cream of mushroom soup
2 c. broth
¼ tsp. celery salt
Salt and pepper to taste

Pour over chicken mixture and let stand in refrigerator overnight.

Crumble Ritz crackers to cover nicely. Bake, uncovered, for 1 to 1½ hours in a 350° oven.

POT PIE

2 pie shells
Dinty Moore beef stew
Can mixed vegetables

Place pie shell in pan. Add beef stew and vegetables. Top with pie shell. Bake at 425° for 45 minutes.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

SAVORY CHICKEN SQUARES

3 oz. pkg. cream cheese, softened
3 Tbsp. butter or margarine
2 c. cooked, cubed chicken or 2 cans (5 oz.) boned chicken
¼ tsp. salt
⅛ tsp. pepper
2 Tbsp. milk
1 Tbsp. chopped chives or onion
1 Tbsp. chopped pimiento (optional)
8 oz. can Pillsbury refrigerated quick crescent or Italian flavor crescent dinner rolls
¾ c. seasoned croutons, crushed

Preheat oven to 350°. In medium bowl, blend cream cheese and 2 tablespoons butter (reserve 1 tablespoon) until smooth. Add chicken, salt, pepper, milk, chives, and pimiento and mix well. Separate crescent dough into 4 rectangles; firmly press perforations to seal. Spoon ½ cup meat mixture onto center of each rectangle. Pull 4 corners of dough to top center of chicken mixture, twist slightly and seal edges.

Brush tops with reserved 1 tablespoon butter. Dip in crouton crumbs. Bake on ungreased cookie sheet for 20 to 25 minutes until golden brown. Refrigerate any leftovers. Makes 4 sandwiches.

Note: You could use 1 (3 pound 4 ounce) can whole chicken.

Helen Griff (Barb's friend), Tiskilwa, IL

KING RANCH CHICKEN

1 whole chicken
2 cans Ro-Tel tomatoes
1 can cream of chicken soup
1 can cream of celery *or* mushroom soup
1 lb. Cheddar cheese
1 onion, diced
1 pkg. corn chips

Boil the chicken and separate the meat from the bones. Mix chicken, tomatoes, soups, and onion together. Place corn chips in the bottom of a casserole dish. Pour chicken mixture over corn chips. Sprinkle grated cheese over casserole and bake at 350° for 1 hour. Serves 5.

Colleen Gordon (Joy's in-law), Mathis, TX

MEATBALLS

1 lb. ground beef
2 eggs
4 crackers, crushed
1 small chopped onion
¼ c. water
¼ tsp. garlic salt
¼ tsp. parsley flakes
2 tsp. grated Romano cheese
Salt and pepper to taste

In large bowl, mix all ingredients; make into balls. Brown and serve.

Kimberly Cruise, Hanna City, IL

SWEDISH MEATBALLS

1 lb. ground beef
1 Tbsp. instant onion
1 egg
1 tsp. salt
½ tsp. Worcestershire sauce
½ c. dry bread crumbs
¼ c. milk
1 Tbsp. pepper
10 oz. grape jelly
12 oz. chili sauce

Melt ¼ cup shortening. Make 1 inch meatballs. Brown and pour off excess grease. Heat jelly and sauce in separate saucepan. Add meatballs and simmer.

Carol Royer, Hanna City, IL

IMPOSSIBLE PIE

1 lb. sausage or bacon strips
¼ c. chopped onion
6 oz. shredded American cheese
1 c. Bisquick
2 c. milk
4 eggs, well beaten

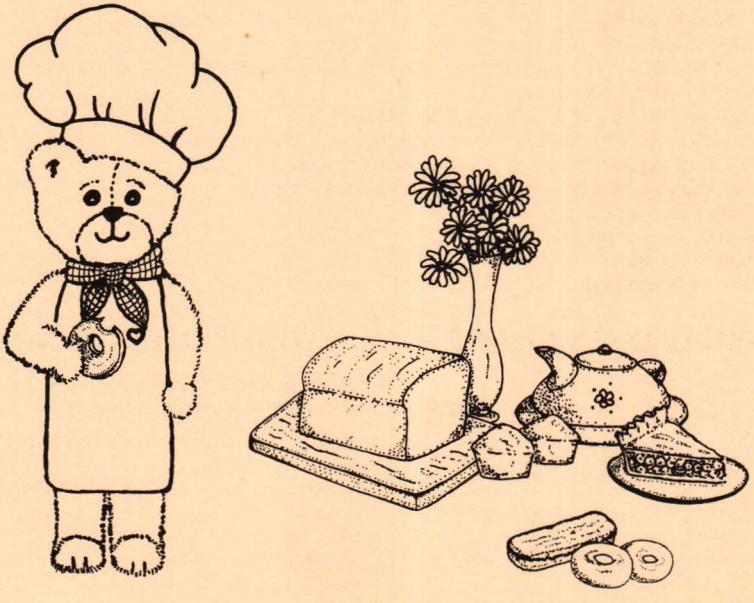
Brown sausage or bacon; drain. Add onions and cook slightly. Divide the mixture in 2 (9 inch) pans. Top with cheese. Add milk and Bisquick to well beaten eggs and pour half of mixture over meat and cheese mixture in each pan. Bake at 350° for 30 to 35 minutes.

May be frozen and reheated.

Variations: Can use green peppers, mushrooms, hamburger, or Cheddar cheese.

Fran Robbins (Barb's friend), Tiskilwa, IL

Breads, Rolls, Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.
2 tbsp.	⅛ c.
4 tbsp.	¼ c.
8 tbsp.	½ c.
16 tbsp.	1 c.
5 tbsp. + 1 tsp.	⅓ c.
12 tbsp.	¾ c.
4 oz.	½c.
8 oz.	1 c.
16 oz.	1 lb.
1 oz.	2 tbsp. fat or liquid
2 c.	1 pt.
2 pt.	1 qt.
1 qt.	4 c.
⅝ c.	½ c. + 2 tbsp.
⅞ c.	¾ c. + 2 tbsp.
1 jigger	1½ fl. oz. (3 tbsp.)
8 to 10 egg whites	1 c.
12 to 14 egg yolks	1 c.
1 c. unwhipped cream	2 c. whipped
1 lb. shredded American cheese	4 c.
¼ lb. crumbled Bleu cheese	1 c.
1 lemon	3 tbsp. juice
1 orange	⅓ c. juice
1 lb. unshelled walnuts	1½ to 1¾ c. shelled
2 c. fat	1 lb.
1 lb. butter	2 c. or 4 sticks
2 c. granulated sugar	1 lb.
3½ - 4 c. unsifted powdered sugar	1 lb.
2¼ c. packed brown sugar	1 lb.
4 c. sifted flour	1 lb.
4½ c. cake flour	1 lb.
3½ c. unsifted whole wheat flour	1 lb.
4 oz. (1 to 1¼ c.) uncooked macaroni	2¼ c. cooked
7 oz. spaghetti	4 c. cooked
4 oz. (1½ to 2 c.) uncooked noodles	2 c. cooked
28 saltine crackers	1 c. crumbs
4 slices bread	1 c. crumbs
14 square graham crackers	1 c. crumbs
22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour.
1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour.
1 teaspoon **baking powder** = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
1 cup **sweet milk** = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
¾ cup **cracker crumbs** = 1 cup bread crumbs.
1 cup **cream, sour, heavy** = ⅓ cup butter and ⅔ cup milk in any sour milk recipe.
1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
1 cup **whole milk** = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
1 package **active dry yeast** = 1 cake compressed yeast.
1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
⅛ teaspoon **garlic powder** = 1 small pressed clove of garlic.
1 lb. **whole dates** = 1½ c. pitted and cut.
3 medium **bananas** = 1 c. mashed.
3 c. **dry corn flakes** = 1 c. crushed.
10 **miniature marshmallows** = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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BREADS, ROLLS, PASTRIES

BREAD AND CHEESE PUFF

8 slices buttered bread
8 slices American cheese
Salt and pepper
4 eggs, beaten
1 qt. milk
1 tsp. Worcestershire sauce

Set oven for moderate, 350°. Place 4 slices bread on bottom of shallow baking dish, cutting to fit. Cover bread with half the cheese; sprinkle with salt and pepper. Repeat. Combine remaining ingredients. Pour over bread and cheese. Bake for 40 minutes or until top is golden brown, puffed and shiny. Makes 4 servings.

Myrtle Herold

WAFFLES

2 c. flour
3 tsp. baking powder
2 tsp. sugar
3 eggs, separated
1¼ c. milk
4 Tbsp. butter, melted
½ tsp. salt

Sift flour, baking powder and salt. To beaten egg yolks, add flour alternately with milk. Add cooled, melted butter. Fold in stiffly beaten egg whites.

These are worth the extra effort.

Katy (Myrtle's daughter), Banner, IL

CINNAMON FRIED TOAST

3 eggs
2 oz. milk
1 Tbsp. cinnamon

Blend in blender. Dip bread and place on hot, buttered skillet. Turn and fry other side.

Good with butter (syrup, too).

Steve Herold, Champaign, IL

ZUCCHINI BREAD

1 c. raisins
2 c. sugar
1 c. salad oil
2 c. grated zucchini
3 eggs, well beaten
3 c. flour
1 tsp. salt
1 tsp. baking powder
1 tsp. baking soda
3 tsp. cinnamon
3 tsp. vanilla
1 c. chopped nuts

Put raisins in 1 cup of water; bring to a full boil. Put aside and pour off excess water. Combine and mix well the sugar, salad oil, zucchini, and eggs. Stir in dry ingredients (flour, salt, baking powder, baking soda, and cinnamon). Mix well. Add 3 teaspoons vanilla, chopped nuts and raisins. Pour in greased loaf pans. Bake in oven at 350° for ¾ to 1 hour. Makes 3 to 4 loaf pans.

Freezes well. Wrap in plastic, and then aluminum foil.

Stella Storey (Maggie's friend), Peoria, IL

CRESCENT DINNER ROLLS

3 c. warm water
1 Tbsp. salt
⅓ c. sugar
2 Tbsp. oil
2 Tbsp. yeast
½ c. milk
2 eggs
6 to 9 c. flour
Melted butter

Soften yeast in warm water. Add salt, sugar, oil, milk, and eggs, then stir. Gradually add flour and mix until dough is sticky to touch but manageable. Let dough rise for 1 hour.

Divide dough into fourths. Roll out each fourth into a circle. With pastry brush, top with melted butter. Use pizza cutter and cut into 16 pieces. Roll up each and place on greased pan. Let rise until doubled (about 30 minutes). Bake at 400° for about 12 minutes.

Janice Herold (Bob's daughter-in-law), Layton, UT

PUDDING BREAD

2 loaves frozen bread, thawed
1 box regular butterscotch pudding
1 c. brown sugar
½ c. melted butter
1 tsp. cinnamon
1 tsp. salt
½ c. milk

Cube the thawed bread. Put into 9x13 inch pan. Mix other ingredients together well and pour over cubes of bread. Let rise for 30 to 45 minutes. Bake at 350° for 30 minutes.

Maggie Herold (Chuck's wife), Peoria, IL

BANANA BREAD

½ c. margarine
1 c. sugar
2 eggs
2 c. flour
1 tsp. soda
3 medium bananas

Cream margarine and sugar together. Add eggs, flour and soda. Mash bananas until very mushy, then add to preceding ingredients. Bake in greased loaf pan for approximately 1 hour at 350°. Makes 2 medium size loaves.

Mary Fulton (Katie's daughter), Dunlap, IL

IMPOSSIBLE PUMPKIN PIE

¾ c. sugar
½ c. Bisquick
2 Tbsp. margarine
1 (13 oz.) can evaporated milk
2 eggs
2½ tsp. pumpkin spice
2 tsp. vanilla
1 can or 2 c. pumpkin

Heat oven to 350°. Grease pie plate. Beat all ingredients until smooth (1 minute in blender or 2 minutes with hand mixer). Pour in plate. Bake until knife inserted in the center comes out clean, 50 to 55 minutes. Top with whipped cream.

Joyce Minton (Betty's friend), Peoria, IL

PEANUT BUTTER PIE

1 baked pie shell
½ c. peanut butter
1 c. powdered sugar
1 pkg. vanilla *or* chocolate instant pudding
Whipped cream

Mix peanut butter and sugar until crumbly. Pat ¾ of mixture into baked pie shell. Mix pudding and pour over mixture. Top with whipped cream and sprinkle rest of peanut butter crumbs on top.

JoAnne Gordon (Joy's daughter), Chillicothe, IL

NO-DIET CORN BREAD

1 pkg. corn muffin mix
1 can cream-style corn
1 can whole kernel corn
1 stick butter or margarine
1 small cream (sour)
3 slices American cheese

Prepare muffin mix according to instructions. Add corn, butter, and cream. Mix thoroughly. Bake in an 8x8 inch cake pan or casserole dish for 30 minutes at 350°. Remove from oven. Lay cheese slice over top and bake for an additional 10 minutes.

Angela Molleck (Chuck's daughter), Peoria, IL

CUSTARD BREAD PUDDING

1 qt. milk, scalded
2 c. day old bread cubes
¼ tsp. salt
½ c. sugar
3 eggs
3 Tbsp. melted butter or oleo
½ tsp. vanilla

Set oven for 325°. Pour milk over bread cubes. Add salt and sugar. Beat eggs. Add to bread mixture with butter and vanilla; mix well. Pour into 1½ quart greased casserole. Set casserole in a pan. Pour hot water to within 1 inch of top. Bake for 50 to 60 minutes or until knife inserted near rim comes out clean. Makes 8 servings.

Myrtle

BEER BREAD

3 c. self-rising flour
3 tsp. sugar
1 (12 oz.) can beer (room temperature)

Mix together with wooden spoon. Pour into large, greased and floured loaf pan. Bake at 350° for 1 hour. Remove from pan and butter crust well. Makes 1 loaf.

Katy (Myrtle's daughter), Banner, IL

COFFEE CAKE

2 c. chopped nuts
1 pkg. frozen rolls
1 (3 oz.) pkg. butter pecan instant pudding
1 c. brown sugar
½ c. oleo
Cinnamon

Grease Bundt pan. Sprinkle nuts on bottom of pan. Place layer of rolls over nuts. Sprinkle *dry* pudding over rolls. Melt brown sugar and oleo. Pour over pudding. Sprinkle with cinnamon. Cover with foil and allow to set overnight.

Can be baked for breakfast. Bake at 350° for 25 minutes.

Cathy Wolford, Hanna City, IL

BOB'S RAISIN BREAD

2 qt. warm water
½ c. powdered milk
¼ c. yeast (dry)
1 c. sugar
1 c. shortening or oil
3 eggs
¼ c. salt
2 tsp. vanilla
3 heaping tsp. cinnamon
7 lb. flour
1½ lb. raisins

Mix water and milk; add yeast, then rest of ingredients. Add flour last. Makes a soft, wet dough. Let rise to double in bulk. Makes 9 (25 ounce) loaves. Let rise again. Bake at 375° for 30 to 35 minutes.

Can also make rolls with this batter. Can make one half recipe if desired.

Bob Herold (Myrtle's son), Ogden, UT

3 loaves
2 1/3 C warm water
1 1/3 oz powdered milk
7/3 oz yeast
2 2/3 oz Sugar
2 2/3 oz short/oil
1 egg
pinch of salt
2/3 tsp van
1 heaping tsp cinn
2 1/3 pound flour
1/2 pound raisins

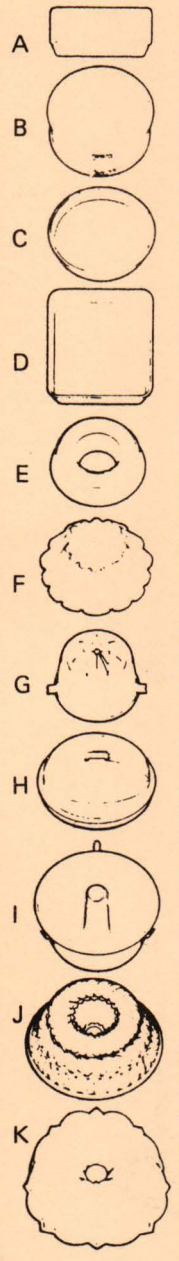
2 loaves
1 qt warm water
1/4 C powdered milk
1/8 C yeast
1/2 C sugar
1 1/2 oil
1 1/2 eggs
1/8 tsp salt
1 tsp vanilla
1 1/2 heaping tsp cinn
3 1/2 lbs flour
3/4 lb raisin

Cakes, Cookies, Desserts

HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
- 9-inch pie plate
- 8x1¼-inch layer cake pan - **C**
- 7⅜x3⅝x2¼-inch loaf pan - **A**

6-cup baking dish:
- 8 or 9x1½-inch layer cake pan - **C**
- 10-inch pie plate
- 8½x3⅝x2⅝-inch loaf pan - **A**

8-cup baking dish:
- 8x8x2-inch square pan - **D**
- 11x7x1½-inch baking pan
- 9x5x3-inch loaf pan - **A**

10-cup baking dish:
- 9x9x2-inch square pan - **D**
- 11¾x7½x1¾-inch baking pan
- 15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan - **K**	6 cups
9x3½-inch fancy tube or "Bundt" pan - **J** or **K**	9 cups
9x3½-inch angel cake pan - **I**	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan - **K**	12 cups
9x3½-inch fancy tube mold - **J**	12 cups
10x4-inch fancy tube mold (Kugelhupf) - **J**	16 cups
10x4-inch angel cake pan - **I**	18 cups

Melon Mold:

7x5½x4-inch mold - **H**	6 cups

Spring-Form Pans:

8x3-inch pan - **B**	12 cups
9x3-inch pan - **B**	16 cups

Ring Molds:

8½x2¼-inch mold - **E**	4½ cups
9¼x2¾-inch mold - **E**	8 cups

Charlotte Mold:

6x4¼-inch mold - **G**	7½ cups

Brioche Pan:

9½x3¼-inch pan - **F**	8 cups

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CAKES, COOKIES, DESSERTS

CHERRY CHEESECAKE

1 pkg. SuperMoist yellow cake mix
⅓ c. butter (soft)
3 large eggs
¾ c. sugar
2 tsp. vanilla
2 pkg. (8 oz.) cream cheese, softened
2 c. sour cream
1 tsp. vanilla
¼ c. sugar
1 can cherry pie filling

Beat dry cake mix, butter and 1 egg in large bowl at low speed until crumbly. Press into ungreased 13x9x2 inch pan. Beat 2 eggs, sugar, vanilla, and cream cheese until smooth and fluffy. Spread over crumb mixture. Bake at 350° for 20 to 25 minutes until set. Mix sour cream, ¼ cup sugar, and 1 tablespoon vanilla; spread over cheese. Cool. Spread pie filling over sour cream. Cover and refrigerate for at least 8 hours.

Myrtle Herold

DUMP CAKE

1 can crushed pineapple
1 can cherry pie filling
1 box yellow cake mix
1 quarter margarine
1 pkg. pecans

Dump 1 can crushed pineapple (with juice) in 9x13 inch pan. Cover with 1 can cherry pie filling. Dump 1 box yellow cake mix (dry) over cherries. Dot top with 1 cube margarine. Top with 1 package pecans. Bake at 350° for about 50 minutes.

Apple, peach, blueberry pie filling can also be used in place of cherries.

Jane Herold O'Doherty (Myrtle's niece), Omaha, NE

CHOCOLATE SNOWBALLS (Dessert)

Crumbled chocolate cake
1 qt. vanilla ice cream
Crushed pecans

Use large scoop ice cream rolled in chocolate cake crumbs. Immediately roll in crushed pecans. Place on foil and wrap. Place in freezer.

Great for after school treat or quick treat for unexpected guests.

Gert Thome (Chuck's sister-in-law), Brownsville, TX

SAUSAGE CAKE

1 lb. pork sausage
1½ c. brown sugar
1½ c. granulated sugar
2 eggs, beaten slightly
3 c. flour
1 tsp. ginger
1 tsp. baking powder
1 tsp. pumpkin pie spice
1 tsp. baking soda
1 c. cold, strong coffee
Boiling water
1 c. raisins
1 c. chopped nuts

Pour boiling water over raisins; let stand for 5 minutes. Drain well and dry in cloth. In mixing bowl, put meat and sugars; stir well till blended. Add eggs and beat well. Sift flour, baking powder and spices. Stir baking soda into coffee. Add flour mixture and coffee alternately to the meat mixture. Beat well after each addition. Fold in raisins and nuts. Turn into well greased and floured Bundt pan. Bake for 1½ hours at 325°. Cool for 15 minutes before turning out of pan. Glaze with confectioners sugar.

Jan Pippin (Maggie's co-worker), Mapleton, IL

BANANA SPLIT CAKE

3 c. graham cracker crumbs
1½ sticks melted oleo

Mix well and pat in bottom of 9x13 inch pan. Refrigerate.

Filling:

2 sticks soft margarine
2 eggs
2 c. powdered sugar
1 tsp. vanilla

Combine in mixer bowl and beat on medium high speed for 20 minutes. Do not cut this time. Spread on cooled crust and refrigerate for 20 minutes.

Top layer:

2 large cans crushed pineapple, well drained
4 large bananas
1 (9 oz.) Cool Whip

Slice bananas over filling. Spread on pineapple and top with Cool Whip.

Topping:

Miniature chocolate chips
Nuts
Cut up maraschino cherries

Use preceding ingredients to suit own taste. Refrigerate for at least 4 hours prior to serving.

Note: Put pineapple in colander to drain before doing anything else.

Betty Ricca (daughter), Bartonville, IL

NO-FAIL POUND CAKE

2 sticks butter
1 stick margarine
1 (1 lb.) box 10X confectioners sugar
6 eggs
1 lb. box cake flour (measured in sugar box)
½ c. water
1 tsp. vanilla flavoring

Cream butter, margarine and flavoring. Slowly add sugar, mixing well. Beat in eggs. Slowly fold in flour, mixing well. Add water and mix. Bake at 325°F. for about 1 hour until golden brown and center passes toothpick test.

Thea Robinson (Betty's friend), Peoria, IL

GOOEY BUTTER CAKE

Batter:

1 box yellow cake mix
1 egg, beaten
1 tsp. vanilla
1 stick butter, softened

Filling:

1 (8 oz.) pkg. cream cheese
2 eggs
1 box powdered sugar
1 tsp. vanilla

Mix batter; spread into greased 9x13 inch pan. Blend filling ingredients and pour over top of batter. Bake at 350° for 35 minutes until golden brown. Sprinkle when warm with powdered sugar.

Dorothy Schoolman (Maggie's co-worker), Peoria, IL

HARVEST CAKE

1½ c. vegetable oil
3 eggs
2 c. sugar
2 tsp. soda
2½ c. flour
2 tsp. cinnamon
1 tsp. salt
2 tsp. vanilla
1 c. grated carrots
1 c. grated coconut
1 c. well drained, unsweetened pineapple
1 c. chopped walnuts
1 c. sugar
1 tsp. soda
½ c. butter
1 Tbsp. corn syrup
½ c. buttermilk
1 tsp. vanilla

In large bowl, beat well vegetable oil, eggs, and sugar. Add to the vegetable oil, eggs, and sugar mixture. Beat well. Add next 5 ingredients (vanilla, carrots, coconut, pineapple, and chopped nuts) and beat well. Put in a well greased and floured Bundt pan. Bake for 60 to 65 minutes in a 350° oven or until a toothpick inserted in center comes out clean.

While cake is baking, combine in saucepan the last 6 ingredients and cook over medium heat for 5 minutes. When cake is removed from the oven, poke holes in the cake and pour warm sauce over the hot cake. Good warm or cold. Garnish servings with a dollop of whipped cream.

Heidi Herold (Bob's granddaughter)

CREAM CHEESE PINEAPPLE PIE

Pineapple Layer:

⅓ c. sugar
1 Tbsp. cornstarch
1 (8 oz.) can crushed pineapple with juice

Combine sugar, cornstarch and pineapple plus juice in a small saucepan. Cook over medium heat, stirring constantly, until mixture is thick and clear. Cool; set aside.

Cream Cheese Layer:

1 (8 oz.) pkg. cream cheese, softened
½ c. sugar
1 tsp. salt
2 eggs
½ c. milk
½ tsp. vanilla
1 (9 inch) unbaked pie shell
¼ c. chopped pecans

Blend cream cheese, sugar and salt in mixer bowl. Add 2 eggs, one at a time, beating after each addition. Blend in milk and vanilla. (If mixture looks slightly curdled, don't worry, it bakes out.). Spread cooled Pineapple Layer over bottom of pie shell. Pour cream cheese mixture over pineapple; sprinkle with pecans. Bake at 400° for 10 minutes. Reduce heat to 325° and bake for 50 minutes. Cool.

Myrtle Herold

SPICE CHIFFON CAKE

2 c. sifted cake flour
3 tsp. baking powder
1 tsp. cinnamon
½ tsp. allspice
1½ c. sugar
1 tsp. salt
½ tsp. nutmeg
½ tsp. cloves
½ c. vegetable oil
7 unbeaten egg yolks
¾ c. cold water
1 c. egg whites
½ tsp. cream of tartar

Sift together in large bowl the flour, baking powder, cinnamon, allspice, sugar, salt, nutmeg, and cloves. Make a well and add in order the cooking oil, egg yolks, and ¾ cup water. Beat with spoon until smooth. Measure into large bowl the egg whites and cream of tartar. Whip until whites form very stiff peaks (stiffer than for angel food). Pour egg mixture over egg whites, gently folding with spatula just until blended. Fold in ½ cup chopped nuts. Bake in tube pan at 325° for 55 minutes, then at 350° for 10 to 15 minutes.

Joanne Probyn (Katie's friend), Banner, IL

RUSSIAN TEA CAKES

1 c. butter, softened
½ c. powdered sugar
1 tsp. vanilla
2¼ c. flour
¼ tsp. salt
¾ c. finely chopped nuts

Heat oven to 400°. Mix butter, sugar, and vanilla. Mix in flour, salt, and nuts until dough holds together. Shape into balls and put on ungreased pan. Bake for 10 to 12 minutes. Roll in powdered sugar.

Debbie Sims (Barb's Goddaughter), Tiskilwa, IL

LEMON CHEESE BARS

1 Duncan Hines pudding recipe yellow cake mix
1 (8 oz.) cream cheese, softened
⅓ c. sugar
1 tsp. lemon juice
2 eggs
⅓ c. oil

Mix dry cake mix with 1 egg and ⅓ cup oil until crumbly. Reserve 1 cup. Put remaining mixture in an ungreased 13x9x2 inch pan. Bake for 15 minutes at 350°. Beat cheese, sugar, lemon juice, and 1 egg until light and smooth. Spread over baked layer. Sprinkle with reserved crumb mixture. Bake for 15 minutes longer. Cool. Cut in bars.

Ethel Morse (Myrtle's friend), Tremont, IL

MAYONNAISE CAKE

2 c. flour
1 c. sugar
1½ tsp. baking soda
3 heaping Tbsp. cocoa

Sift ingredients together.

Make hole and add:

1 scant c. mayonnaise
1 c. hot water
1 tsp. vanilla
1 tsp. baking powder

Mix well. Bake at 350° for 25 to 30 minutes.

Top with whipped icing:

1 stick oleo
½ c. shortening

Whip well. Add 1 cup sugar slowly. Add 3 tablespoons flour. Add ¾ cup milk and vanilla. Beat, beat, beat, and beat.

Betty Ricca (Myrtle's daughter), Bartonville, IL

YUM, YUM CAKE AND GLAZE

1 c. chopped nuts (pecans or walnuts)
1 pkg. yellow cake mix
1 pkg. instant vanilla pudding mix
4 eggs
½ c. Wesson oil
1 c. sherry

Butter and flour tube pan. Sprinkle nuts in bottom of pan. Mix thoroughly the next 5 ingredients and pour over nuts. Bake for approximately 1 hour. Cool on rack.

¼ lb. butter
1 c. sugar
¼ c. water
¼ to ½ c. sherry

For glaze, boil the butter, sugar, and water for 5 minutes, stirring constantly. Remove from heat and add the sherry. Turn cake out of pan upside-down. Prick with fork. Drizzle on glaze.

Juanita Thompson (Barb's friend), Tiskilwa, IL

CARROT CAKE

4 eggs
2 jars baby carrots
2 c. sugar
2 tsp. cinnamon
1½ c. cooking oil
2 c. all-purpose flour
½ tsp. salt
2 tsp. baking soda
1 c. nuts (optional)

Cream together the eggs and carrots. Add sugar and cinnamon; cream well. Stir in oil. Sift together the flour, salt, and baking soda. Add to carrot mixture and mix well. Bake in greased and floured 10x15 inch sheet pan at 350° for 35 minutes.

Icing:

1 (3 oz.) pkg. cream cheese
¼ c. oleo
½ box powdered sugar
1 tsp. vanilla

Cream together the cream cheese, oleo, powdered sugar, and vanilla. Top with nuts if desired.

Joy Swartz (Myrtle's daughter), Peoria, IL

PUMPKIN BARS

2 c. flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 c. sugar
2 tsp. cinnamon
1 c. oil
4 eggs
1 (16 oz.) can pumpkin

Sift dry ingredients together. Add the others. Bake at 350° for 30 minutes in a jelly roll pan.

Ann Jean Bell (Barb's friend), Tiskilwa, IL

PREACHER'S CAKE

2 c. sugar
2 c. flour
2 tsp. baking soda
2 tsp. vanilla
2 eggs
½ c. chopped nuts
1 (20 oz.) can crushed pineapple with juice

Mix dry ingredients, then balance of mixture. Mix by hand. Bake in 9x13 inch pan at 350° for 30 to 45 minutes or until done. Frost when cool.

Frosting:

1 (8 oz.) pkg. Philadelphia cream cheese
¼ c. softened butter or margarine
1¾ c. powdered sugar
¼ tsp. salt
½ c. nuts
2 tsp. vanilla

Mix cheese and butter, then add sugar, salt and vanilla. Spread frosting and sprinkle with nuts.

Joyce Minton (Co-worker of Betty), Morton, IL

MOM'S TEA CAKE

1½ c. brown sugar
2 c. flour
1 tsp. baking powder
½ tsp. salt
2 tsp. cinnamon
¼ tsp. nutmeg
½ c. shortening
1 egg
1 c. buttermilk

Crumble like pastry the brown sugar, flour, baking powder, salt, cinnamon, nutmeg, and shortening. Save ½ cup crumbs for top. Add egg and buttermilk. Pour in an 8x8 inch pan. Sprinkle crumbs on top. Bake at 375° for 30 minutes.

Joanne Probyn (Katie's friend), Banner, IL

GRANDMA'S KRISPIES

1 c. granulated sugar
1 c. white syrup
1½ c. peanut butter
4 c. Rice Krispies
Candy kisses (optional)

Put sugar and syrup in pan and heat until sugar is dissolved. Stir in peanut butter. Remove from heat and add Rice Krispies. Drop by teaspoonfuls onto waxed paper. Press candy kisses in center while warm.

Helen Grieff (Barb's friend), Tiskilwa, IL

PEACH COBBLER

1 stick butter
½ c. sugar
½ c. milk
1 c. flour
1 tsp. baking powder
¼ tsp. salt
½ tsp. vanilla
Sliced peaches
1 c. sugar
½ c. water

Cream butter and sugar. Add milk, flour, baking powder, salt, and vanilla to make a batter. Line an 8x8x2 inch pan with lots of sliced, fresh or canned peaches. Pour batter over peaches. Mix cup of sugar with ½ cup water and pour over batter and peaches. Bake at 350° for 1 hour or until done.

Barb Grebner (Myrtle's daughter), Tiskilwa, IL

OATMEAL FUDGE BARS

Crust:

½ c. soft shortening
1 c. brown sugar
1 egg
½ tsp. vanilla
¾ c. sifted flour
½ tsp. soda
½ tsp. salt
2 c. oats
½ c. nuts, chopped

Fudge Layer:

1 c. chocolate chips
1 Tbsp. butter
⅓ c. milk
¼ tsp. salt
½ c. chopped nuts
1 tsp. vanilla

Cream shortening and sugar. Add egg and vanilla; beat well. Sift flour, soda and salt together; add to creamed mixture. Mix in oats and nuts. Reserve 1 cup of mixture for topping. Press remainder into greased 9x9 inch pan.

Meanwhile, combine chips, butter, milk, and salt. Melt over low heat. When melted, add nuts and vanilla. Spread over crust. Sprinkle with reserved mixture. Bake at 350° for approxiately 25 minutes. Cool and cut into bars.

Maggie Herold (Chuck's wife), Peoria, IL

PIGGIN CAKE

1 box white cake mix
¼ c. oil
4 eggs
2 small cans mandarin oranges (use juice from 1 can and discard juice from other)

Mix preceding ingredients together. Bake in a 9x13 inch greased and floured pan at 350° for 35 to 40 minutes.

Icing:

1 (8 oz.) Cool Whip
1 (20 oz.) crushed pineapple (use the juice)
1 large instant vanilla pudding

Mix and spread over cooled cake. Keep refrigerated.

Betty Ricca (daughter), Bartonville, IL

CHOCOLATE CHEESE CAKE

1 pkg. chocolate cake mix
1 Tbsp. oil
2 (8 oz.) pkg. soft cream cheese
½ c. sugar
4 eggs
1½ c. milk
1 tsp. vanilla
3 pkg. Dream Whip or 1 (8 oz.) ctn. Cool Whip
2 small Hershey's bars

Heat oven to 300°. Reserve 1 cup cake mix. Combine rest of cake mix with 1 egg and oil; press into 9x13 inch pan. Next, beat cream cheese and sugar. Add 3 eggs, then add reserved 1 cup of cake mix. Beat for 1 minute at medium speed. Lower speed and add vanilla and milk; beat until smooth. Pour over crust and bake at 300° for 55 to 65 minutes until center is like a pumpkin pie. Cool. Add Dream Whip or Cool Whip topping to top. Add shaved candy bars on top of Cool Whip.

Roz Kerker (Betty's friend), Peoria, IL

FUNNEL CAKES

2 c. sifted flour
¼ c. sugar
2 tsp. baking powder
½ tsp. salt
2 eggs, beaten
1 c. milk
Confectioners sugar (for topping)
Oil (for frying)

1. Pour oil into a 3 to 4 quart saucepan to depth of 2 inches. Heat to 375°. Sift together flour, sugar, baking powder, and salt into bowl. Add eggs and milk; beat until smooth.

2. Select a funnel with ½ inch opening. Hold finger over opening and fill with ¼ cup of batter for each cake. Remove finger to let batter flow smoothly into hot oil, moving funnel in circular motion. Start at center until cake is 5 to 6 inches in diameter. Fry until golden brown on both sides (30 seconds each side). Drain on paper towel. Top with powdered sugar. Makes about 12 cakes.

Optional: Serve with fruit or syrup.

Joy Swartz (Myrtle's daughter), Peoria, IL

PUMPKIN BARS

2 c. flour
2 tsp. soda
½ tsp. salt
1 tsp. cinnamon
4 eggs, beaten
2 c. pumpkin
2 c. sugar
1 c. oil
1 c. chopped nuts

Mix first 9 ingredients together. Fill jelly roll pan and 9x12 inch cake pan. Bake at 350° for 25 minutes. Top with Cream Cheese Frosting.

Cream Cheese Frosting:

8 oz. cream cheese
2 Tbsp. milk
3½ c. powdered sugar
1½ sticks oleo
2 tsp. vanilla

Blend all 5 ingredients. Spread on bars and serve.

Sandra Powell (Joy's friend), Canton, IL

NOAH'S ARK CAKE

2 c. crushed pineapple
2 tsp. baking soda
2 eggs
2 c. sugar
2 tsp. vanilla
2 c. flour
¼ tsp. salt
1 c. walnut pieces

Icing:

½ stick butter
1 (8 oz.) cream cheese
1¾ c. powdered sugar

Combine pineapple and baking soda. Stir with spoon. Add all other ingredients. Pour into greased and floured cake pan. Bake at 350° for 40 minutes. Frost when cool.

Cathy Davis (Katie's daughter), Dunlap, IL

MOM'S FAVORITE BURNT SUGAR CAKE

¾ c. butter
1½ c. sugar
3 c. cake flour
1 tsp. baking powder
2 eggs, separated
½ tsp. baking soda
1 tsp. vanilla
½ c. burnt sugar
1 c. water

To burn sugar, put sugar in skillet, stirring while it is burning and slowly add 1 cup boiling water. Caution: Be careful of steam. Stir for a few seconds until mixture becomes a syrup, and then remove from heat.

For the cake, cream the butter, sugar and egg yolks. Combine the sifted flour, baking powder, and soda. Add to the creamed mixture along with the 1 cup of water. Add ½ cup burnt sugar. Add beaten egg whites. Bake in greased and floured layer pan for 25 to 30 minutes at 350°.

The balance of burnt sugar may be added to icing.

Margaret Herold (Chuck's wife), Peoria, IL

APPLE PIE CAKE

½ c. shortening
2 c. sugar
2 eggs
2 tsp. vanilla
2 c. flour
2 tsp. baking soda
2 tsp. nutmeg
2 tsp. cinnamon
1 tsp. salt
4 Tbsp. hot water
5 c. diced apples, peeled and cored
1 c. chopped walnuts

Cream shortening and sugar together. Stir in eggs and vanilla. Sift together flour, baking soda, nutmeg, cinnamon, and salt. Stir half of the flour mixture into the shortening mixture. Beat in 2 tablespoons of the hot water. Stir in remaining flour mixture, then the remaining water, beating after each addition. Stir in diced apples and nuts. Spread in 13x9 inch pan. Bake at 350°F. for 45 to 50 minutes or until sides pull away from pan. Makes 24 servings.

Roz Kerker (Betty's friend), Peoria, IL

CHEESY CHERRY PIE

1 (9 inch) graham cracker or baked crust
1 (8 oz.) pkg. cream cheese, softened
1 (14 oz.) Eagle Brand sweetened condensed milk
⅓ c. ReaLemon lemon juice
1 tsp. vanilla
1 (21 oz.) cherry pie filling, chilled

In large bowl, beat cheese until fluffy. Gradually beat in condensed milk until smooth. Stir in lemon and vanilla. Pour into crust. Chill for about 3 hours. Top with pie filling before serving. Refrigerate leftovers.

Katy (Myrtle's daughter), Banner, IL

CINNAMON COFFEE CAKE

2 c. flour
2½ Tbsp. baking powder
1½ c. sugar
6 tsp. butter
1 c. milk
1 egg
1 tsp. salt
1 tsp. cinnamon

Combine ingredients. Bake at 375° for 10 to 15 minutes.

Sprinkle with topping:

1 part cinnamon
4 parts sugar

Chuck Herold (Myrtle's son), Peoria, IL

BLUEBERRY, PEACH COFFEE CAKE

1 pkg. blueberry muffin mix (Betty Crocker)
1 (lb.) can sliced peaches
¼ c. sugar
¼ c. flour
½ tsp. cinnamon
2 Tbsp. (¼ stick) margarine

Wash blueberries and drain peaches. Spread fruit on paper towels and set aside. In a small bowl, combine flour, sugar and cinnamon. Cut in butter and set aside. Mix muffin batter as directed on label, except for blueberries. Spread batter in a greased 8 inch square pan. Top with blueberries and peaches. Sprinkle cinnamon mixture on top. Bake at 400° for 25 minutes. Serves 9.

MOCK TURTLE BARS

2 c. flour
1 c. brown sugar
1 stick butter
⅔ c. butter
½ c. brown sugar
1 c. pecans

Mix like pie crust the first 3 ingredients. Press firmly in 13x9 inch pan. Place 1 cup pecans over the crust. Mix the second butter and brown sugar. Melt and boil for 30 seconds. Pour over pecans. Bake at 250° for 18 to 20 minutes. Sprinkle milk chocolate chips (12 ounces) over and spread evenly with spatula.

Anna Jean Bell (Barb's friend), Tiskilwa, IL

NORWEGIAN CREAM COOKIES

1 c. butter
2 c. flour
⅓ c. whipping cream

Cream butter and flour until mixture is the size of peas. Add cream; stir until mixture is well blended. *Chill dough.* Roll out on floured board. Cut with cookie cutter. Dip in sugar and pierce with fork. Bake at 350° for 10 to 12 minutes.

Filling:

½ c. soft butter
1 tsp. vanilla
1 egg yolk
Powdered sugar

Blend butter, vanilla and egg yolk with powdered sugar to consistency and spread to make sandwich-type cookies.

Michelle Herold (Chuck's granddaughter), Peoria, IL

CHOCOLATE NO BAKES

2 c. sugar
½ c. cocoa
½ c. peanut butter
½ c. milk
½ c. butter
1 tsp. vanilla
3 c. quick oats

In pan, mix sugar and cocoa. Add peanut butter, milk and butter. Bring to full boil. Boil for 1 minute, stirring often. Remove from heat. Add oats, then vanilla. Drop by spoonful on waxed paper. Cool until hardened.

Christopher Herold (Chuck's son), Peoria, IL

COOKIE MACAROONS

1 c. shortening
1 c. brown sugar
1 c. white sugar

Cream.

½ tsp. salt
½ tsp. vanilla
1 c. cocoanut
½ tsp. cinnamon
2 eggs

Mix and add:

1¼ c. flour
1 tsp. soda
3 c. oats

Roll in balls. Roll in sugar. Bake for 12 to 15 minutes at 350°.

Betty Ricca (daughter), Bartonville, IL

COOKIES

1 c. Crisco
1 lb. brown sugar or 2 c.
3 large eggs
2 tsp. soda
2 tsp. cream of tartar
3¾ c. flour
2 tsp. vanilla

Mix Crisco and sugar. Add eggs. Mix dry ingredients and add to preceding. Add vanilla.

I divide dough in 3 or 4 parts and add different things to each such as nuts, dates, oatmeal, corn flakes, chocolate chips, or cocoanut. This way you have a variety of cookies.

Katherine Jacobs (Myrtle's friend), Peoria, IL

FAVORITE CHOCOLATE CHIP COOKIES

Sift:

1½ c. flour
1 tsp. soda
1 tsp. salt

Other ingredients:

1 c. shortening
¾ c. sugar
¾ c. brown sugar
2 eggs (unbeaten)
1 tsp. hot water
½ c. nuts
12 oz. chocolate chips
2 c. oatmeal
1 tsp. vanilla

Cream shortening. Add sugars. Beat in eggs. Add hot water. Add dry ingredients, then nuts, chocolate chips, and oatmeal; mix. Add vanilla. Drop by teaspoonful on greased cookie sheet. Bake at 350° for 10 to 12 minutes.

Katy (Myrtle's daughter), Banner, IL

COOKIE MELTS

½ c. cornstarch
½ c. confectioners sugar
1 c. sifted flour
1 c. softened butter
1⅓ c. flaked coconut

Sift together cornstarch, sugar and flour. Blend in butter until soft dough is formed. Shape into small balls, ½ to 1 inch size. Roll in coconut. Place on ungreased baking sheet 1 inch apart. Flatten with floured fork. Bake for 20 to 25 minutes at 300°.

Maggie Herold (Chuck's wife), Peoria, IL

DATE WALNUT CIRCLES

½ c. butter
½ c. brown sugar, packed

Cream.

Add:

¼ c. milk
1 tsp. lemon juice
1 c. quick oats

Sift in:

1½ c. flour
½ tsp. baking soda

Chill dough for 1 hour. Roll to ⅛ inch thick. Cut in rounds. Bake at 350° for 10 minutes on ungreased baking sheet.

Date Filling:

½ c. chopped dates
½ c. sugar
½ c. water

Cook. Spread on cookies.

Betty Ricca (daughter), Bartonville, IL

CHOCOLATE CHIP COOKIES

2¼ c. unsifted, all-purpose flour
1 tsp. baking soda
¼ c. granulated sugar
1 c. butter, softened
¾ c. firmly packed light brown sugar
1 tsp. vanilla
1 (4 serving size) pkg. Jell-O instant vanilla pudding
2 eggs
1 (12 oz.) pkg. chocolate chips
1 c. chopped nuts (optional)

Mix flour with baking soda. Combine butter, the sugars, vanilla, and pudding mix in large mixer bowl. Beat until smooth and creamy. Beat in eggs. Gradually add flour mixture, then stir in chips and nuts. (Batter will be stiff.) Drop by rounded measuring teaspoonfuls, about 2 inches apart, onto ungreased baking sheets. Bake at 375° for 8 to 10 minutes. Makes about 7 dozen.

For Chocolate Chocolate Chip Cookies, substitute chocolate flavor instant pudding.

David Grebner (Barb's son), Tiskilwa, IL

CRUNCHY COOKIES

Cream together:

½ c. butter, margarine, or butter flavored Crisco
½ c. white sugar
½ c. brown sugar
1 tsp. vanilla
1 beaten egg

Sift:

1 c. flour
½ tsp. baking powder
½ tsp. soda
¼ tsp. salt

Mix together and add to creamed mixture.

Add:

1 c. oatmeal
1 c. Wheaties
½ c. coconut

Drop on greased cookie sheet with a teaspoon. Bake at 350° until cookies just start to brown a bit, *about* 10 minutes.

Kay Jensen (Myrtle's niece), Omaha, NE

OLD-FASHIONED OATMEAL CRISPS

½ c. shortening
½ c. brown sugar, packed
½ c. sugar
1 egg
½ tsp. vanilla
½ tsp. almond extract
½ tsp. baking soda
2 tsp. vinegar
1¼ c. sifted flour
½ tsp. salt
¾ c. rolled oats

Beat shortening and sugars until creamy. Blend in egg and flavorings. Dissolve soda in vinegar. Add to creamed mixture. Sift flour with salt; add to creamed mixture, mixing well. Stir in oats. Chill dough for about 1 hour.

Roll dough to form 1 inch balls. Place on ungreased cookie sheets. Flatten with bottom of a glass tumbler dipped in sugar. Bake at 350° for about 12 minutes. Cool slightly, and then remove to wire racks to finish cooling.

Karen Ricca (Betty's daughter-in-law), Streator, IL

SNICKERDOODLES

1 stick oleo
¾ c. sugar
1 egg
1¼ c. flour
¼ tsp. salt
½ tsp. baking soda
1 tsp. cream of tartar
1 Tbsp. sugar
1 Tbsp. cinnamon

Mix oleo and sugar together till creamed. Beat in the egg. Stir in flour, salt, baking soda, and cream of tartar. Mix well. Cover the bowl and refrigerate for 1 hour.

Mix the sugar and cinnamon on a small plate. After the hour is up, take a small amount of cookie dough and roll into a ball, then roll in the sugar mixture. Leave an inch between each ball on the cookie sheet. Bake at 400° for 10 to 12 minutes. Makes 2 dozen.

Jeff Gordon (Joy's grandson), Chillicothe, IL

VANILLA SUGAR COOKIES

½ c. butter or margarine
½ c. sugar
2 eggs
1½ tsp. vanilla
2 tsp. baking powder
2¾ c. flour

Combine sugar, butter, eggs, and vanilla; mix. Mix together flour and baking powder. Gradually add to other mixture. *Do not chill.* Roll, cut and bake!! Bake in a 400° oven for 6 to 7 minutes.

Sue Sullivan (Betty's daughter), Plano, TX

GRANNY'S SUGAR COOKIES

½ c. butter
1 c. sugar
1 medium egg
½ tsp. salt
2 tsp. baking powder
2 c. flour
½ tsp. vanilla
¾ c. powdered sugar
3 to 4 tsp. water
Food coloring

Cream together butter and sugar. Blend in egg. Sift together and add to mixture the salt, baking powder, and flour. Chill. Blend into mixture the vanilla. Bake at 400° for 8 to 10 minutes.

Extra glaze: Blend together powdered sugar, water, and food coloring. Brush while warm.

Debbie Sims (Barb's Goddaughter), Tiskilwa, IL

FORGOTTEN COOKIES

2 egg whites
¼ tsp. salt
¾ c. granulated sugar
½ c. black walnuts or 6 oz. chocolate chips

Preheat oven to 375°. Beat egg whites and salt until stiff. Gradually beat in sugar; beat until stiff. Fold in nuts. Drop by teaspoonfuls on greased cookie sheet. Set in oven and immediately turn off oven. Do *not* open oven for at least 4 hours, preferably overnight. Yield: 2½ dozen.

Gert Thome (Chuck's sister-in-law), Brownsville, TX

CHOCOLATE RUM BALLS

3½ c. vanilla wafer crumbs (about 12 oz.)
1 c. chopped pecans
1 c. confectioners sugar
¼ c. unsweetened cocoa
⅓ c. light or dark rum
⅓ c. corn syrup (light or dark)
½ c. confectioners sugar

In a large bowl, stir together first 4 ingredients. Stir in rum and corn syrup until well blended. Shape into balls (1 inch) and roll in ½ cup confectioners sugar. Store in tightly covered container. Makes about 4½ dozen.

Roy Herold (Bob's son), Layton, UT

STARRIES (Cookies)

1 c. butter
½ c. brown sugar, packed
½ tsp. vanilla
2 c. flour

Cream butter and sugar; stir in vanilla. Gradually sift in flour, blending well. Chill dough for 1 hour.

Knead on lightly floured pastry cloth or board for 5 minutes or until smooth, adding enough flour to keep dough from sticking. Roll out, a small amount at a time, to ¼ inch thickness on lightly floured board. Cut with star cutter. Bake on ungreased cookie sheets. Decorate with ornamental frosting and silver candies. Makes 8 dozen cookies.

Betty Ricca (daughter), Bartonville, IL

SEVEN LAYER COOKIES

1 stick butter
1 c. graham crackers
1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1 c. coconut
Nuts
1 can condensed milk

Melt butter in 9x13 inch pan in a 350° oven. Add crumbs, chips, coconut, and nuts in layers. Add milk. Bake for 20 minutes.

Debbie Sims (Barb's Goddaughter), Tiskilwa, IL

MUNSTER COOKIES

1 lb. oleo
4 c. sugar
2 lb. brown sugar
3 lb. peanut butter
1 Tbsp. white syrup (Karo)
12 eggs
8 tsp. soda
1 large box oatmeal or 18 c. (large box equals about 14 c.)
24 oz. chocolate chips
16 oz. M&M's
¼ c. vanilla

Mix ingredients in dishpan or other large utensil. Mix all the following ingredients of oleo, sugar, brown sugar, peanut butter, syrup, and eggs thoroughly with mixer. Add vanilla, and then all the remaining ingredients and mix. Dough should be chilled before baking and is ideal to freeze and have on hand. Drop or roll about 1 tablespoon of dough. Bake at 325° for 10 to 12 minutes. Cool before removing from cookie sheet.

Sue Sullivan (Betty's daughter), Plano, TX

SUGAR COOKIES

1 c. butter
1½ c. sugar
3 eggs
1 tsp. vanilla
3½ c. flour
2 tsp. cream of tartar
1 tsp. soda
1 tsp. salt

Cream the first 4 ingredients. Add dry ingredients. Drop by teaspoon on cookie sheet. Press down with bottom of glass dipped in sugar. Bake at 375° for 6 to 8 minutes.

Marie Hoffman (Barb's friend), Tiskilwa, IL

NUTTY MACAROONS

14 oz. flaked coconut
14 oz. Eagle Brand milk
1 tsp. vanilla
½ c. chopped nuts

Combine all ingredients and mix well. Drop by spoon on well greased cookie sheet about 1 inch apart. Bake at 350° for 8 to 10 minutes (lightly browned). Let cool slightly. Remove from baking sheet and place on rack until cool. Makes 24 cookies.

Maggie Herold (Chuck's wife), Peoria, IL

STRAWBERRY DESSERT

1 yellow or white cake mix
2 small boxes strawberry jello
1 box vanilla instant pudding
1 pkg. Dream Whip
1 can strawberry soda pop

Prepare cake mix according to directions. Bake in greased 9x13 inch pan. While cake is baking, dissolve 2 packages jello in 1½ cups boiling water. Add 1 can soda and let set at room temperature. When cake comes out of oven, pierce with long fork. Pour jello solution over top of cake. Let cake cool completely. Mix 1 package Dream Whip according to directions and set aside. Mix 1 package vanilla instant pudding with 1½ cups of cold milk. Fold these 2 together and frost cake.

Refrigerate cake for several hours before serving.

Betty Ricca (daughter), Bartonville, IL

STRAWBERRY DESSERT

1 (3 oz.) pkg. strawberry jello
½ c. sugar
1 c. hot water
1 (16 oz.) cottage cheese
1 (8 oz.) Cool Whip

Mix until dissolved the jello, sugar and water. Let cool. Add cottage cheese and mix. Add Cool Whip and mix.

Sherry Diegel (Maggie's friend), Pekin, IL

PINEAPPLE PUDDING

1 large can crushed pineapple
½ c. sugar
2 Tbsp. flour
3 eggs
½ c. margarine, melted
5 slices bread, cubed

Mix together undrained pineapple, sugar, flour, and eggs. Pour into a greased 8 inch square pan. Toss together the margarine and bread. Put on top of pineapple mixture. Bake for 30 to 45 minutes in a 350° oven.

Delicious side dish to a ham dinner, or can be served as a dessert.

Karen Ricca (Betty's daughter-in-law), Streator, IL

PECAN DESSERT

1 c. flour
1 stick oleo
½ c. pecans
1 medium Cool Whip
1 c. powdered sugar
8 oz. Philly cream cheese
2 pkg. instant pistachio pudding
2¾ c. milk

Combine flour, oleo, and part of pecans. Pat in 9x13 inch or smaller pan, depending on how thick you want the crust. Bake for 15 minutes or until brown at 350°.

Cream cream cheese, powdered sugar and 1 cup of Cool Whip. Spread this over cooled pecans. Mix pudding (2 packages) to 2¾ cups of milk. Spread this over cream cheese. Spread rest of Cool Whip over the top and sprinkle rest of pecans over Cool Whip. Let cool until ready to serve.

Barb Kolditz (Katy's daughter)

FRUIT DESSERT

1 can pineapple chunks
1 can cherry pie filling
1 can crushed pineapple
2 or 3 bananas
½ bag mini marshmallows
8 oz. walnut pieces
1 can Eagle Brand milk
Medium size Cool Whip

Drain and keep liquid from pineapple chunks. Cut up bananas into liquid. Add chunks, pie filling, crushed pineapple (do not add liquid), bananas, marshmallows, and nuts. Blend together Eagle Brand and Cool Whip. Add to fruit mixture carefully. *May be frozen.*

Maggie Herold (Chuck's wife), Peoria, IL

CREME DE MENTHE BLOX

6 env. Knox unflavored gelatine
1 pkg. lime gelatine
¼ c. sugar
3 c. boiling water, divided
⅓ c. green creme de menthe
3 c. vanilla ice cream, softened and divided
1 pkg. instant chocolate pudding mix

Mint Layer: In large bowl, combine 4 envelopes of unflavored gelatine and sugar. Add 2 cups boiling water and stir until gelatine is fully dissolved. Stir in creme de menthe. Add 2 cups ice cream until melted. Pour into shallow pan, 9x13 inches. Chill until almost set.

Chocolate Layer: In large bowl, mix 2 envelopes gelatine with pudding mix. Add 1 cup boiling water; stir till dissolved. Stir in 1 cup ice cream until melted. Carefully pour onto Mint Layer. Chill until firm. Cut into 1 inch squares.

Maggie Herold (Chuck's wife), Peoria, IL

RHUBARB CRISP

2 c. flour
1½ c. uncooked, rolled oats
2 c. brown sugar
1 c. margarine
2 tsp. cinnamon
8 c. diced rhubarb
2 c. white sugar
4 Tbsp. cornstarch
2 c. water
2 tsp. vanilla
Few drops of red food coloring (optional)

Mix first 5 ingredients, except rhubarb. Spread in bottom of 9x12 inch pan (only spread ½ inch pan, save rest for top). Lay rhubarb over batter in pan, then mix together rest of ingredients. Cook, stirring, until boils and becomes clear and thick. Pour over rhubarb. Sprinkle rest of topping over. Bake at 350° for 1 hour.

Sue Sullivan (Betty's daughter), Plano, TX

VANILLA REFRIGERATOR COOKIES

1 c. sugar
1 c. butter
1½ tsp. vanilla
2 eggs
3 c. flour
1 tsp. salt
½ tsp. baking soda

Mix sugar, butter, vanilla, and eggs. Mix in remaining ingredients. Divide dough in 3 parts. Roll ½ inch thick and 7 inches long. Wrap and refrigerate. Heat oven to 400°. Cut into ½ inch slices and put on ungreased cookie sheet. Bake for 8 to 10 minutes.

Debbie Sims (Barb's Goddaughter), Tiskilwa, IL

SLICE A FANCY COOKIES

4 c. sifted flour
1 tsp. baking powder
1 tsp. salt
¼ tsp. baking soda
1¼ c. butter
1 c. brown sugar, packed
½ c. granulated sugar
2 eggs
2 tsp. vanilla

1. Measure flour, baking powder and salt.
2. Cream butter with sugars until light. Beat in eggs and vanilla. Gradually sift in dry ingredients, blending well.
3. Divide in 4; flavor, shape and decorate pinwheel twirls. Divide in half; tint ½ green and ½ red. Roll out to square, 12x12 inches between wax paper. Put together and roll. Chill. When ready to bake, slice ⅛ inch thick. Place on ungreased cookie sheet. Bake at 350°.

Maple Nut Rounds: Stir in ½ cup walnuts and 1¼ teaspoons maple flavor. Roll into cylinder 2 inches in diameter. Chill. Slice ⅛ inch thick. Bake and decorate with wreath of ornamental frosting.

Betty Ricca (daughter), Bartonville, IL

JAN'S PIZZELLES

9 eggs, separated
4 c. sugar
1½ lb. butter
6 c. flour
1 tsp. baking powder
½ tsp. vanilla
1 Tbsp. almond

Melt butter. Pour over sugar and mix well. Beat egg yolks and egg whites separately. Pour yolks over butter mixture; mix well. Sift flour, baking powder and salt. Add beaten egg whites and flour mixture alternately to butter mixture. Add vanilla and almond. Drop 1 teaspoon of batter on *pizzelle iron.* They burn easy. Makes 8 dozen. They are very fragile! Makes 4 to 6 dozen unbroken possible. Sprinkle with powdered sugar.

Christopher Herold (Chuck's son), Peoria, IL

OATMEAL PIE CRUST

¾ c. butter
1 c. brown sugar
1 tsp. salt
2 c. flour
½ c. regular oatmeal

Melt butter. Add flour, brown sugar, salt, and oatmeal. Set aside 1 cup of mixture. Press remainder into 9 inch pie pan. Add favorite filling. Add balance of mixture for topping. Bake at 375° for 45 minutes.

Maggie Herold (Chuck's wife), Peoria, IL

FROZEN CITRUS PIE

1 (6 oz.) can frozen orange juice or lemonade
1 pt. soft vanilla ice cream
3½ c. Cool Whip
1 graham cracker crust

Place orange juice or lemonade in large bowl and beat for about 30 seconds. Gradually spoon in ice cream and blend. Fold in Cool Whip until smooth. Spoon into pie shell. Freeze until firm, about 4 hours. Store leftovers in freezer.

JoAnn Gordon (Joy's daughter), Chillicothe, IL

FRUIT PIZZA

1½ c. flour
½ c. powdered sugar
¾ c. butter
8 oz. cream cheese, softened
1 c. sugar
1 tsp. vanilla
2 Tbsp. cornstarch
1 c. pineapple juice
½ c. sugar
1 tsp. lemon juice
Fresh fruit

Mix first 3 ingredients until crumbly. Press into lightly greased 10x13 inch pan. Bake at 300° for 18 minutes until slightly browned. Combine next 3 ingredients for filling and spread over cooled crust. Use fresh fruit (grapes, cantaloupe, honeydew melons, strawberries, etc.). Press fruit assortment into filling. Take last 4 ingredients and cook until thickened. Cool slightly. Pour over, making sure to cover the fruit. Refrigerate.

CREME DE MENTHE CAKE

Mix as directed 1 package white cake mix. Add 3 tablespoons creme de menthe. Bake.

Topping:

1 can Hershey's chocolate topping
1 large Cool Whip
3 tsp. creme de menthe

Refrigerate.

Betty Ricca (daughter), Bartonville, IL

ZUCCHINI CRISP

5 to 6 c. peeled, sliced zucchini with seeds out
½ c. lemon juice
2 Tbsp. almond juice
2 c. white sugar
2 tsp. cinnamon

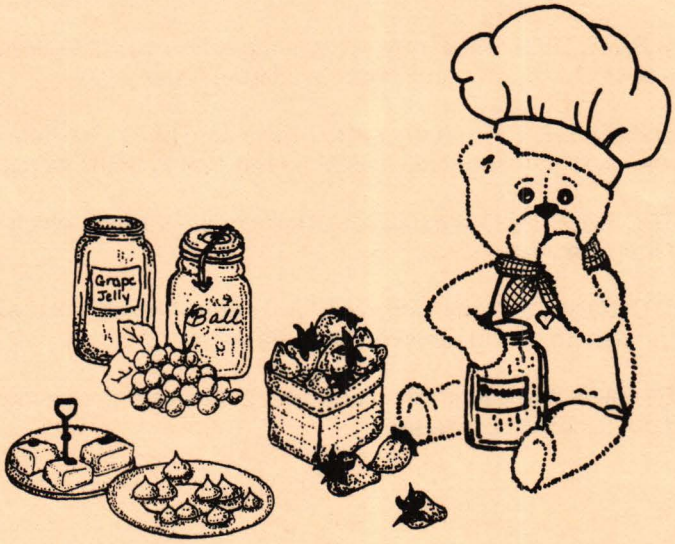
Crunch:

2 c. oatmeal
2 c. flour
1 c. melted butter
1 c. brown sugar

Put ½ of Crunch mixture on bottom of 9x13 inch pan. Spread the zucchini mixture and top with the rest of the Crunch. Bake for 30 minutes at 350°.

Barb Grebner (Myrtle's daughter), Tiskilwa, IL

Candies, Jellies, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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CANDIES, JELLIES, PRESERVES

BROWN SUGAR DIVINITY

1 c. brown sugar
1 c. white sugar
¼ c. white corn syrup
½ c. water
Few grains of salt (about ⅛ tsp.)
2 egg whites
½ tsp. vanilla extract
1½ c. pecans or walnuts, coarsely chopped

Put first 5 ingredients in saucepan. Stir until sugar dissolves. Cook, without stirring, to 265° or until a little dropped into cold water forms a *hard* ball. Beat egg whites until stiff. Slowly beat in the syrup. When it begins to thicken, add vanilla. Beat until it will hold its shape when dropped from a spoon. It will have lost its gloss. Add nutmeats and drop by small spoonfuls on waxed paper or slightly greased platters.

Kay Jensen (Myrtle's niece), Omaha, NE

ENNIS' POTATO CANDY

½ c. cooked Irish potatoes, mashed as usual
1 tsp. vanilla
2 boxes powdered sugar

Combine mashed potatoes and vanilla. Slowly add sugar. Mix into stiff dough. Roll into small balls.

May substitute different flavorings and food coloring as mint and green, butter and yellow, and cherry and red. May add nuts.

Maggie Herold (Myrtle's daughter-in-law), Peoria, IL

CREAM CHEESE FUDGE

4 (10 oz.) sq. unsweetened chocolate
6 oz. cream cheese
4 c. confectioners sugar
½ tsp. vanilla
Dash of salt
½ c. chopped nuts

Lightly butter 8 inch square pan. Melt chocolate in double boiler. Have cheese in bowl at room temperature. Use wooden spoon and break up cream cheese; beat until smooth. Slowly stir in sifted sugar and salt. Add melted chocolate; mix well. Add vanilla and nuts. Press mixture into pan and chill.

Joy Swartz (Myrtle's daughter), Peoria, IL

COCONUT JOYS

½ c. butter or margarine
2 c. powdered sugar
3 c. coconut (8 oz.)
2 sq. unsweetened chocolate, melted

Melt butter in saucepan. Remove from heat. Add powdered sugar and coconut. Mix well. Shape in scant teaspoons of mixture into balls. Make an indentation in center of each with your finger tip. Fill centers with melted chocolate. Chill until firm. Store in refrigerator.

Tastes just like Mounds Bars!!

Karen Ricca (Betty's daughter-in-law), Streator, IL

PEANUT BUTTER CUPS

⅓ lb. graham cracker crumbs
½ lb. butter or oleo
1 c. peanut butter
1 c. chocolate chips
1 c. butterscotch chips
1 lb. powdered sugar

Melt butter. Stir in peanut butter. Add cracker crumbs and sugar and mix until smooth. Press into a 9x13 inch pan. Melt chocolate and butterscotch chips and spread over mixture. Refrigerate until firm.

Alan Gordon (Joy's grandson), Chillicothe, IL

CARAMEL

6 Tbsp. Karo
1 c. sugar
1 c. whipping cream
6 to 7 Tbsp. butter

1. Put in butter, sugar, Karo, and half of whipping cream. Mix together.
2. When it comes to a boil, add the rest of the whipping cream very slowly.
3. Stir until brown.
4. Bring to a soft ball stage.
5. Put in an 8x8 inch buttered pan.

Jenny Herold (Bob's granddaughter), Ogden, UT

CANDIED NUTS

1½ c. sugar
½ c. sour cream
⅛ tsp. salt
1 Tbsp. vanilla
2½ c. nuts

In heavy saucepan, mix sugar, sour cream and salt. Bring to boil and cook, stirring, until a small mount of mixture forms a soft ball when dropped in very cold water (236° on candy thermometer). Remove from heat and add vanilla. Beat until mixture begins to thicken and loses its gloss. Add nuts and stir quickly to coat all sides. Turn out on greased cookie sheet and separate nuts with 2 forks. Makes about 1⅛ pounds.

Joy Swartz (Myrtle's daughter), Peoria, IL

BAKED CARAMEL CORN

2 c. brown sugar
1 c. butter or margarine
½ c. corn syrup
1 tsp. salt
1 tsp. vanilla
½ tsp. baking soda
6 qt. popped corn

In a saucepan, mix together the sugar, butter, syrup, salt, and vanilla. Bring to a boil and cook for 5 minutes, stirring often. Add baking soda. Divide corn into 2 (13x9 inch) baking dishes. Pour caramel mixture over corn, mixing well to coat pieces. Bake at 200° for 1 hour, stirring every 20 minutes. Store cooled caramel corn in plastic bags.

Karen Ricca (Betty's daughter-in-law), Streator, IL

SOUR CREAM FUDGE

32 oz. white chocolate
1 (7 oz.) jar marshmallow cream
1 Tbsp. vanilla
2 c. walnuts, chopped
4 c. sugar
¼ lb. butter
1 pt. sour cream

Combine white chocolate, marshmallow cream, vanilla, and nuts; set aside. Combine sugar, butter, and sour cream. Heat until mixture boils, stirring constantly. Cook for 5 minutes while boiling. Fold into chocolate mixture until smooth. Pour into buttered 8x8 inch dish. Cool in refrigerator. Cut into pieces.

Carol Herold (Bob's daughter-in-law), Ogden, UT

BUCKEYES

2 lb. peanut butter (room temperature)
1 lb. margarine (room temperature)
3 lb. powdered sugar
2 pkg. (12 oz.) chocolate chips
½ bar paraffin

Mix the first 3 ingredients until smooth. Form small balls about the size of a large marble. Refrigerate. Melt the chips and paraffin in a double boiler or heavy saucepan. With a toothpick, dip the cold Buckeyes into the chocolate chips until they are ⅔ covered. Let dry on wax paper.

Paraffin may be omitted, but candy needs to be refrigerated.

Pat Schultz (Maggie's friend), Peoria, IL

PUPPY CHOW SNACK

½ c. chocolate chips
½ c. peanut butter
1 stick oleo
7 c. Crispix or Rice Chex
2 c. powdered sugar

Melt chips, peanut butter, and oleo in microwave (about 50 seconds). Stir well. Stir in Crispix or Rice Chex. Put powdered sugar in paper sack. Add cereal mixture and shake sack to coat cereal.

Steve Gordon (Joy's grandson), Chillicothe, IL

CHOC KNOX BLOX

5 env. Knox unflavored gelatine
1 c. chocolate syrup
1 c. boiling water
1 c. marshmallow creme
1 c. chunky peanut butter

In a large saucepan, sprinkle gelatine over syrup. Add boiling water and stir until gelatine is fully dissolved. Add marshmallow creme and peanut butter. Stir over low heat until creme is melted. Pour into 9 inch square pan. Chill until firm. Cut into 1 inch squares.

Maggie Herold (Chuck's wife), Peoria, IL

BUTTERMILK CANDY

1 c. buttermilk
1 tsp. soda
2 c. sugar
2 Tbsp. corn syrup
¼ c. butter
1 c. chopped pecans

In a 3 quart pan, let buttermilk and soda stand for 20 minutes. Add sugar and syrup and bring to boil. Add butter and cook to soft ball stage, 236°. Cool to 110°. Stir. Add pecans and pour into 9x13 inch lightly buttered pan.

Maggie Herold (Chuck's wife), Peoria, IL

Beverages, Microwave, Miscellaneous

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

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BEVERAGES, MICROWAVE, MISCELLANEOUS

TIM'S SPECIALTY

1 automobile
1 or 2 people
1 McDonald's drive-thru (Burger King optional)
1 scant money

Drive to speaker. Order whatever you desire on the menu. Drive to window and pay. Pick up food and drive away. Open car window to desired height, depending on weather. Go back to work when thoroughly full.

Tim Herold (Chuck's son), Phoenix, AZ

LONG ISLAND ICED TEA

1 (1.5 oz.) mini bottle vodka
1 mini bottle gin
1 mini bottle sweet and sour or to taste
Coca-Cola (to fill the glass)

Should have ice prior. Leave room for the following, splash of Triple Sec. These items should be mixed ever so gently. Float to the top of drink with brandy and squeeze of lemon (real or juice from bottle). The glass is a 22 ounce container.

If this does not suit you, mix to taste and enjoy both drink and *hangover,* ha, ha.

Dick Herold (Bob's son), Ogden, UT

GOURMET EGGNOG

12 eggs, separated
2 c. whipping cream
2 c. sugar
1 qt. milk
Nutmeg
Rum

Beat egg whites in a large bowl with mixer until very stiff (almost dry). Add 1 cup sugar gradually. Pour into big punch bowl. Beat yolks until thick and lemon yellow. Add 1 cup sugar gradually. Add yolks to whites in punch bowl and whisk only till blended.

Whip 2 cups whipping cream until stiff. Whisk into egg mixture. Add milk gradually to fill punch bowl. Sprinkle with nutmeg. Add rum as desired to each cup and stir gently.

Heidi Herold (Bob's granddaughter), Layton, UT

FROZEN FUZZIES

1 (6 oz.) frozen lemonade
2 fresh peaches, chopped
9 oz. vodka

Place ingredients in blender and fill with ice. Blend until slushy.

Christina Herold (Chuck's daughter), Peoria, IL

MAUI MIST PUNCH

48 oz. pineapple juice
48 oz. apricot nectar
3 small cans frozen limeade
3 qt. ginger ale

In a large punch bowl, add pineapple juice, apricot nectar, and limeade. Add the ginger ale at the last minute before serving. Makes enough to serve a party.

Amy Herold (Bob's granddaughter), Ogden, UT

MICROWAVE CARAMELS

2 sticks butter (*not* oleo)
1 lb. brown sugar
1 c. light corn syrup
1 c. Eagle Brand milk
1 tsp. vanilla
Nuts (optional)

Melt butter in *large* glass bowl. Stir in all ingredients, except vanilla. Cook on FULL power for 15½ minutes, stirring each 5 minutes. Add vanilla and pour into buttered pans. Cut into squares after cooling. Wrap squares in Saran Wrap pieces. Keep refrigerated until a little while before serving. They get too soft if left at room temperature too long.

Mike Gordon (Joy's son-in-law), Chillicothe, IL

MICROWAVE PEANUT BRITTLE

1 c. sugar
1 c. roasted peanuts
1 tsp. vanilla
½ c. white Karo
1 tsp. butter
1 tsp. baking soda

In a 1½ quart casserole, stir sugar and syrup. Microwave on HIGH for 4 minutes. Stir in peanuts. Microwave on HIGH for 3 to 5 minutes until light brown. Add butter and vanilla to syrup; blend well. Microwave for 2 minutes more. Remove; ingredients will be very hot. Add baking soda and stir gently until foamy. Pour mixture on lightly buttered cookie sheet. Cool for 1 hour, then break into pieces.

Christina Herold (Chuck's daughter), Peoria, IL

MICROWAVE CARAMEL CORN

¾ c. unpopped corn
½ c. butter
¼ c. white Karo syrup
1 c. brown sugar
½ tsp. salt
⅛ tsp. baking soda

Pop the corn; set aside. Combine butter, syrup, brown sugar, and salt. Bring to boil. Remove from heat. Add baking soda; stir well. Spray inside of large paper bag with Pam. Pour in popcorn. Pour mixture over popcorn and fold down top of bag. Shake well. Cook in microwave for 1½ minutes. Shake well. Cook for 1 ½ minutes more. Shake again. Cook for ½ minute more. Shake and pour into bowl.

Debby Mathis (Joy's friend), Apache Junction, AZ

A PLEASANT CHILD

Patience
Understanding
Love
Discipline
Hugs
Kisses
Tears
Laughter
Forgiveness
Pride

Take 1 large family. To each child, add 1 headful of *patience* and *understanding.* Add 1 heartful of *love* and *discipline.* Mix well with 1 soulful of *hugs* and *kisses.* Gently blend *laughter* and *tears.* Add *forgiveness* when needed. Apply pats on *back* or *bottom* whenever necessary. Sit back and enjoy with *pride* your creation.

Maggie Herold (Myrtle's daughter-in-law), Peoria, IL

BBQ SAUCE

2 c. catsup
3 tsp. brown sugar
1 tsp. salt
¼ c. vinegar
2 tsp. chili powder
¼ c. Worcestershire sauce
1 tsp. celery seed
3 c. water
Dash of Tabasco (optional)

Mix and simmer.

Chuck Herold (son), Peoria, IL

GNOCCHI

Potatoes
Egg
Flour
Chicken bouillon
Parmesan cheese
Butter

Boil and mash potatoes. For each potato, use 1 egg; stir eggs into mashed potatoes until well mixed. Start with 1 cup flour and stir and add flour until mixture is stiff and not sticky. Boil salt and water to which bouillon has been added. Drop by spoonfuls into water. Boil from 10 to 15 minutes. Put into serving bowl; cover with melted butter. Pass Parmesan cheese.

This is an Italian dish. This makes a lot, so just start out with 2 or 3 potatoes until you see how your family likes it. We like it a lot.

Lucille G. Herold (Bob's wife), Ogden, UT

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Notes

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Rebeat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add ¼ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour ½ cup of baking soda followed by a cup of vinegar down the drain . . .let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.

CALORIE COUNTER

Almonds:
roasted in oil, salted, 9-10 nuts 62
Apple butter, 1 tbsp. 33
Apple juice, canned or bottled, 1 cup 117
Apples:
fresh, with skin, 1 average (2½" diameter) 61
dried, cooked, sweetened, ½ cup 157
dried, cooked, unsweetened, ½ cup 100
Applesauce, canned, sweetened, ½ cup 116
Applesauce, canned, unsweetened, ½ cup 50
Apricot nectar, canned or bottled, 1 cup 143
Apricots:
fresh, 3 average (12 per lb.) 55
canned, 4 halves with 2 tbsp. heavy syrup 105
canned, water pack, ½ cup with liquid 38
Asparagus:
canned, drained, cut spears, ½ cup 25
frozen, 6 spears 23
Avocados, 3⅛" diameter 185

Bacon, fried, drained, 2 medium slices 86
Bacon, Canadian, fried, drained, 1 slice 58
Bagel, egg or water, 1 medium (3" diameter) 165
Bamboo shoots, raw, cuts, ½ cup 21
Bananas, 1 average 118
Bean sprouts, soy, raw, ½ cup 24
Beans, baked, canned:
with pork and tomato sauce, ½ cup 156
Beans, green or snap:
fresh, boiled, drained, cuts or French style, ½ cup . . 16
canned, with liquid, ½ cup 22
Beans, lima, immature seeds:
boiled, drained, ½ cup 95
canned, with liquid, ½ cup 88
Beans, pea, navy, or white, dry, cooked, ½ cup 112
Beans, red kidney, canned, with liquid, ½ cup 115
Beef, choice grade cuts (without bone):
brisket, lean only, braised, 4 oz. 253
chuck, arm, lean only, pot-roasted, 4 oz. 219
club steak, lean only, broiled, 4 oz. 277
flank steak, lean only, pot-roasted, 4 oz. 222
ground, lean (10% fat), broiled, 4 oz. 248
porterhouse steak, lean only, broiled, 4 oz. 254
rib, lean only, roasted, 4 oz. 273
round steak, lean only, broiled, 4 oz. 214
rump, lean only, roasted, 4 oz. 236
short plate, lean only, simmered, 4 oz. 253
sirloin steak, double-bone, lean only, broiled, 4 oz. . 245
sirloin steak, round-bone, lean only, broiled, 4 oz. . 235
T-bone steak, lean only, broiled, 4 oz. 253
Beef, corned:
boiled, medium-fat, 4 oz. 422
canned, lean, 4 oz. 211
Beef and vegetable stew, canned, 4 oz. 90
Beets:
boiled, drained, sliced, ½ cup 33
Blackberries:
fresh, ½ cup 42
canned, juice pack, ½ cup with liquid 68
Blueberries:
fresh, ½ cup 45
canned, water pack, ½ cup with liquid 47
Bologna, all meat, 4 oz. 315
Boysenberries:
canned, water pack, ½ cup with liquid 45
frozen, unsweetened, ½ cup 30
Braunschweiger (smoked liverwurst), 4 oz. 362
Brazil nuts (3 large nuts) 90
Bread, commercial:
Boston brown, 1 slice 101
cracked wheat, 1 slice, 20 per loaf 60
French, 1 slice 44
Italian, 1 slice 28
pumpernickel, 1 slice 79
raisin, 1 slice, 20 per loaf 60
rye, light, 1 slice, 20 per loaf 56
white, firm-crumb type, 1 slice, 20 per loaf 63
whole wheat, firm-crumb type, 1 slice, 20 per loaf . . 56
Bread stuffing, mix, mixed with butter, water, ½ cup . 250
Broccoli:
raw, 1 large spear 32
boiled, drained, cut spears, ½ cup 20
Brussels sprouts boiled, drained ½ cup 28
Butter, 1 Tbsp. 100
Butter, whipped, 1 tbsp. 67

Cabbage:
red, raw, chopped or shredded, ½ cup 14
white, raw, chopped or shredded, ½ cup 11
Cake, mix, prepared as directed on package:
angelfood, without icing, 3½-oz. serving 269
coffee cake, 3½-oz. serving 322
devil's food, with chocolate icing, 3½-oz. serving . . 369
white, with chocolate icing, 3½-oz. serving 351
yellow, with chocolate icing, 3½-oz. serving 365
Candies, 1-oz. serving:
almonds, chocolate-covered 161
butter mints, after dinner (Kraft) 106
butterscotch 112
cherries, dark chocolate-covered (Welch's) 115
chocolate, milk 147
chocolate, semi-sweet 144
coconut, chocolate-covered 124
fudge, chocolate, with nuts 121
gum drops 98
jelly beans 104
licorice (Switzer) 101
Life Savers, all flavors except mint 111
Life Savers, mint 108
mints, chocolate-covered 116
marshmallows (Campfire) 100
peanut brittle 119
peanut cluster, chocolate-covered (Kraft) 151
raisins, chocolate-covered 120
toffee, chocolate (Kraft) 111
Cantaloupe, fresh, ½ melon, 5" diameter 58
Carrots:
raw, 1 average 21
boiled, drained, diced, ½ cup 23
Catsup, tomato, bottled, 1 tbsp. 16
Cauliflower:
raw, flowerbuds, sliced, ½ cup 12
boiled, drained, flowerbuds, ½ cup 14
Celery, raw, 1 outer stalk (8" long) 7
Cereals:
All-bran, 1 cup 192
bran, 100% (Nabisco), 1 cup 150
bran flakes, 40%, 1 cup 106
bran flakes with raisins, 1 cup 144
corn flakes, 1 cup 97
corn flakes, sugar coated, 1 cup 154
Cream of Wheat, cooked, 1 cup 133
farina, quick-cooking, cooked, 1 cup 105
oat flakes, (Post), 1 cup 165
oatmeal or rolled oats, cooked, 1 cup 132
rice, puffed, 1 cup 60
wheat flakes, 1 cup 106
wheat, puffed, 1 cup 54
wheat, puffed, presweetened, 1 cup 132
wheat, shredded, 1 biscuit (2½" x 2" x 1¼") 89
Cheese:
American, processed, 1 oz. 105
blue or Roquefort type, 1 oz. 104
brick, 1 oz. 105
cheddar, domestic, 1 oz. 113
cottage, creamed, small curd, ½ cup 112

CALORIE COUNTER

- cream, 1 tbsp. ... 52
- cream, whipped, 1 tbsp. ... 37
- Gouda, 1 oz. ... 108
- Monterey Jack, 1 oz. ... 103
- Mozzarella, part-skim, 1 oz. ... 85
- Muenster, 1 oz. ... 100
- Neufchatel (Borden's), 1 oz. ... 73
- Old English, processed, 1 oz. ... 105
- Parmesan, grated, 1 Tbsp. ... 23
- pimiento, American, processed, 1 oz. ... 105
- Provolone, 1 oz. ... 99
- ricotta, moist, 1 oz. ... 45
- Romano, 1 oz. ... 110
- Roquefort, 1 oz. ... 105
- Swiss, domestic, 1 oz. ... 104

Cheese food, American, processed, 1 oz. ... 92

Cherries:
- sweet, fresh, whole, ½ cup ... 41

Cherries, maraschino, bottled, 1 oz. with liquid ... 33

Chestnuts, fresh, 10 average ... 141

Chicken:
- broiled, meat only, 4 oz. ... 154
- roasted, dark meat, 4 oz., no skin ... 204
- roasted, light meat, 4 oz., no skin ... 207

Chili, with beans, canned ½ cup ... 170

Chili, without beans, canned, ½ cup ... 255

Coconut:
- dried, sweetened, shredded, ½ cup ... 258

Cod (meat only):
- broiled, with butter, fillets, 4 oz. ... 192
- frozen, fish sticks, breaded, 5 sticks, 4 oz. ... 276

Coffee, prepared, plain, 1 cup ... 2

Coleslaw, commercial, with mayonnaise, ½ cup ... 87

Cookies, commercial:
- brownies, from mix, with nuts and water, 1 oz. ... 114
- butter thins, 1 piece (2" diameter) ... 23
- chocolate chip, 1 piece (2¼" diameter) ... 50
- coconut bar, 1 oz. ... 140
- fig bar, 1 average piece ... 50
- gingersnaps, 1 piece (2" diameter) ... 29
- graham cracker, plain, 1 piece (5" x 2½") ... 55
- ladyfinger, 1 piece ... 40
- macaroon, 1 piece (2¾" diameter) ... 91
- oatmeal with raisins, 1 piece (2⅝" diameter) ... 59
- peanut sandwich, 1 piece (1¾" diameter) ... 58
- shortbread, 1 average piece ... 37
- vanilla wafer, 1 piece (1¾" diameter) ... 19

Corn:
- boiled, drained on cob, 1 ear (5" x 1¾") ... 70
- boiled, drained, kernels, ½ cup ... 69
- canned, cream style, ½ cup ... 105

Corn chips (Fritos), 1 oz. ... 166

Crackers:
- bacon-flavor, 1 oz. ... 127
- butter, round, 1 piece (1⅞" diameter) ... 15
- cheese, round, 1 piece (1⅝" diameter) ... 17
- Melba toast, white, regular, 1 piece ... 15
- Rye-Krisp, 1 piece (1⅞" x 3½") ... 21
- saltines, 1 piece ... 12
- whole wheat, 1 oz. ... 114

Cranberry juice cocktail, canned or bottled, 1 cup ... 164

Cranberry sauce, canned, strained, ½ cup ... 202

Cream:
- half and half, ½ cup ... 162
- sour, 1 tbsp. ... 26
- whipping, light, ½ cup unwhipped ... 358
- whipping, heavy, ½ cup, unwhipped ... 419

Cream substitute, non-dairy, dry, 1 tbsp. ... 33

Cucumber, with skin, 1 large (8¼" long) ... 45

Dates, domestic, 10 average ... 219

Duck, domestic, roasted, meat only, 4 oz. ... 352

Eclair, custard filled, with chocolate icing, 1 average ... 239

Eggnog, 8% fat (Borden's), ½ cup ... 171

Eggplant, boiled, drained, diced, ½ cup ... 19

Eggs, chicken:
- boiled or poached, 1 large egg ... 82
- fried, with 1 tsp. butter, 1 large egg ... 99
- scrambled, with 1 tsp. butter, 1 large egg ... 111

Endive, raw, 10 small leaves ... 5

Escarole, raw, 1 large leaf ... 4

Fat, vegetable shortening, 1 tbsp. ... 111

Figs:
- dried, 1 large fig (2" x 1") ... 57

Fish cakes, fried, frozen, reheated, 4 oz. ... 306

Flour:
- all-purpose, sifted, 1 cup ... 419
- buckwheat, dark, sifted, 1 cup ... 326
- cake or pastry, sifted, 1 cup ... 349
- rye, dark, unsifted, 1 cup ... 419
- wheat, self-rising, sifted, 1 cup ... 405

Frankfurters, all-meat, 1 average (10 per lb.) ... 133

Fruit cocktail, canned, water pack, ½ cup with liquid ... 46

Fruit, mixed, frozen, sweetened, 4 oz. ... 125

Gelatin dessert, flavored, prepared with water, ½ cup ... 71

Gooseberries, fresh, ½ cup ... 30

Grape drink, canned, 1 cup ... 135

Grape juice, canned or bottled, 1 cup ... 167

Grapes:
- fresh (Concord, Delaware, etc.), 10 ... 18
- fresh (Thompson seedless, etc.), 10 ... 34

Grapefruit juice:
- canned, sweetened, 1 cup ... 133
- canned, unsweetened, 1 cup ... 101

Haddock, fried, breaded fillets, 4 oz. ... 187

Halibut, fillets, broiled with butter, 4 oz. ... 194

Halibut, frozen, steak, 4 oz. ... 254

Halibut, smoked, 4 oz. ... 254

Ham:
- boiled, packaged, 4 oz. (about 4 slices) ... 266
- fresh, medium-fat, roasted, 4 oz. ... 426
- picnic, cured, medium-fat, roasted, 4 oz. ... 368
- canned, cured, lean only, roasted, 4 oz. ... 241
- canned, deviled, 4 oz. ... 398

Herring:
- canned, plain, 4 oz. with liquid ... 236
- pickled, Bismark-type, 4 oz. ... 253
- smoked, hard, 4 oz. ... 340

Hickory nuts, shelled, 4 oz. ... 763

Honey, strained or extracted, 1 tbsp. ... 64

Honeydew melon:
- fresh, 1 wedge (2" x 7") ... 49

Ice cream:
- hardened, rich, 16% fat, ½ cup ... 165
- soft-serve (frozen custard), ½ cup ... 167

Ice cream bar, chocolate coated, 3-oz. bar ... 162

Ice cream cone, sugar 1 cone ... 37

Ice cream cone, waffle, 1 cone ... 19

Ice milk, hardened, 5.1% fat, ½ cup ... 100

Ice milk, soft-serve, 5.1% fat, ½ cup ... 133

Ice milk bar, chocolate coated, 3-oz. bar ... 144

Jams and preserves, all flavors, 1 tbsp. ... 54

Jellies, all flavors, 1 tbsp. ... 49

Kale:
- fresh, leaves only, 4 oz. ... 80
- fresh, with stems, boiled, drained, ½ cup ... 16

Knockwurst, 1 link (4" x 1⅛" diameter) ... 189

Kumquats, fresh, 1 average ... 12

CALORIE COUNTER

Lamb, retail cuts:
- chop, loin, lean only, broiled, 2.3 oz. with bone 122
- leg, lean and fat, roasted, boneless, 4 oz. 317
- shoulder, lean only, roasted, boneless, 4 oz. 233

Leeks, raw, 3 average 52
Lemon juice:
- fresh, 1 tbsp. 4

Lemonade, frozen, diluted, 1 cup 107
Lemons, fresh, 1 average (2⅛" diameter) 20
Lentils, whole, cooked, 1 cup 212
Lettuce:
- iceberg, 1 leaf (5" x 4½") 3
- romaine, 3 leaves (8" long) 5

Limes, fresh, 1 average (2" diameter) 19
Liverwurst, fresh, 4 oz. 348
Lobster, cooked in shell, whole, 1 lb. 112
Lobster, cooked or canned, meat only, cubed, ½ cup . 69

Macadamia nuts, 6 average nuts 104
Macaroni, boiled, drained, ½ cup 96
Macaroni and cheese, canned, ½ cup 114
Mackerel, fresh or frozen, broiled with butter, 4 oz. .. 268
Mangos, whole, 1 average (1½ per lb.) 152
Margarine, salted or unsalted, 1 tbsp. 102
Marmalade, citrus flavors, 1 tbsp. 51
Milk, chocolate, canned, with skim milk, 1 cup 190
Milk, chocolate, canned, with whole milk, 1 cup 213
Milk, cow's:
- whole, 3.5% fat, 1 cup 159
- buttermilk, cultured, 1 cup 88
- skim, 1 cup 88
- skim, partially, 1 cup 145
- canned, condensed, sweetened, 1 cup 982
- canned, evaporated, unsweetened, 1 cup 345
- dry, whole, 1 tbsp. dry form 35
- dry, nonfat, instant, 1 envelope (3.2 oz.) 327

Milk, malted, beverage, 1 cup 244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin 130
Mushrooms, raw, sliced, chopped or diced, ½ cup ... 10
Mushrooms, canned, with liquid, ½ cup 21
Mustard greens, boiled, drained, ½ cup 16

Nectarines, fresh, 1 average (2½" diameter) 88
Noodles, chow-mein, canned, ½ cup 110
Noodles, egg, cooked, ½ cup 100

Oil, cooking or salad:
- corn, safflower, ,sesame or soy, 1 tbsp. 120
- olive or peanut, 1 tbsp. 119

Olives, pickled, canned or bottled:
- green, 10 large (¾" diameter) 45
- ripe, salt-cured, Greek style, 10 extra large 89

Onions, mature:
- raw, 1 average (2½" diameter) 40
- raw, chopped, 1 tbsp. 4

Orange juice:
- fresh, California, Valencia, 1 cup 117
- fresh, Florida, Valencia, 1 cup 112
- canned, sweetened, 1 cup 130
- canned, unsweetened, 1 cup 120
- frozen, concentrate, unsweetened, diluted, 1 cup . 112

Oranges, fresh, 1 average 71

Pancakes, prepared from mix as directed on package:
- plain and buttermilk, 4" diameter cake 61
- buckwheat and other flours, 4" diameter cake 54

Papaya juice, canned, 1 cup 120
Papayas, fresh, whole, 1 papaya (3½" x 5⅛") 119
Peach nectar, canned, 1 cup 120
Peaches:
- fresh, 1 average 38
- canned, in juice, 2 peach halves with 2 tbsp. juice .. 45
- dried, ½ cup 210

Peanut butter, commercial, 1 tbsp. 94
Peanuts:
- roasted, in shell, 10 nuts 105
- roasted, chopped, 1 tbsp. 52

Pear nectar, canned, 1 cup 130
Pears:
- fresh, Bartlett, 1 pear (2½" diameter) 100
- canned, in heavy syrup, 1 pear half and 2 tbsp. syrup 71
- dried, ½ cup 241

Peas, green:
- boiled, drained, ½ cup 57

Peas, split, cooked, ½ cup 115
Pecans:
- shelled, 10 large nuts 62
- chopped, 1 tbsp. 52

Peppers, hot, chili:
- green, raw, seeded, 4 oz. 42
- green, chili sauce, canned, ½ cup 25
- red, chili sauce, canned, ½ cup 26

Peppers, sweet, green:
- raw, fancy grade, 1 pepper (3" diameter) 36

Peppers, sweet, red:
- raw, fancy grade, 1 pepper (3" diameter) 51

Perch, ocean, Atlantic, frozen, breaded, 4 oz. 382
Perch, white, raw, meat only, 4 oz. 134
Pickle relish:
- hamburger (Heinz), 1 tbsp. 17
- sweet, 1 tbsp. 21

Pickles, cucumber:
- dill, 1 large (4" long) 15
- sweet gherkins, 1 small (2½" long) 22

Pies, frozen:
- apple, baked, 3⅛" arc (⅛ of 8" pie) 173
- cherry, baked, 3⅛" arc (⅛ of 8" pie) 211
- coconut custard, baked, 3⅛" arc (⅛ of 8" pie) 187

Pimientos, canned, drained, 1 average 10
Pineapple:
- fresh, sliced, 1 slice (3½" diameter x ¾") 44
- canned, heavy syrup, chunks or crushed, ½ cup ... 95
- canned, water pack, tidbits, ½ cup with liquid 48

Pineapple juice, canned, unsweetened, 1 cup 138
Pistachio nuts, chopped, 1 tbsp. 53
Plums:
- damson, fresh, whole, 10 plums (1" diameter) 66
- canned, purple, 3 plums and 2¾ tbsp. liquid 110

Popcorn:
- popped, plain, 1 cup 23
- popped, with oil and salt added, 1 cup 41

Pork:
- Boston butt, lean only, roasted, 4 oz. 279
- chop, lean only, broiled, 4 oz. with bone 308
- loin, lean only, roasted, 4 oz. 288

Potato chips, 10 chips (2" diameter) 114
Potato sticks, ½ cup 95
Potatoes, white:
- baked, in skin, 1 long 145
- boiled, in skin, 1 round 104
- fried, ½ cup 228
- frozen, hash brown, cooked, ½ cup 174
- mashed, with milk and butter, ½ cup 99

Potatoes, sweet:
- baked, in skin, 1 average 161
- boiled, in skin, 1 average 172
- boiled, in skin, mashed, ½ cup 146
- candied, 1 piece (2½" long x 2") 176

Pretzels, commercial varieties:
- rods, 1 pretzel (7½" long) 55
- twisted, 3-ring, 10 pretzels 117

Prune juice, canned or bottled, 1 cup 197
Prunes, dried, medium-size, 1 average 16
Pumpkin, canned, ½ cup 41
Radishes, raw, whole, 10 medium 8
Raisins, seedless (½ cup) 210

CALORIE COUNTER

Raspberries:
- black, fresh, ½ cup . . . 49
- red, fresh, ½ cup . . . 35
- canned, black, water pack, 4 oz. with liquid . . . 58
- canned, red, water pack, ½ cup with liquid . . . 43
- frozen, red, sweetened, ½ cup . . . 123

Rhubarb, cooked, sweetened, ½ cup . . . 191
Rice, cooked (hot):
- brown, long grain, ½ cup . . . 116
- white, long grain, ½ cup . . . 112
- white, parboiled, long grain, ½ cup . . . 93

Rolls and buns, commercial (ready to serve):
- frankfurther or hamburger, 1.4 oz. roll . . . 119
- hard, rectangular, ⅞-oz. roll . . . 78
- raisin, 1-oz. roll . . . 78
- sweet, 1-oz. roll . . . 89
- whole wheat, 1-oz. roll . . . 73

Salad dressings, commercial:
- blue cheese, 1 tbsp. . . . 76
- French, 1 tbsp. . . . 66
- Italian, 1 tbsp. . . . 83
- mayonnaise, 1 tbsp. . . . 101
- Roquefort cheese, 1 tbsp. . . . 76
- Russian, 1 tbsp. . . . 74
- Thousand Island, 1 tbsp. . . . 80

Salami:
- cooked, 1 slice (4" diameter) . . . 68
- dry, 1 slice (3⅛" diameter) . . . 45

Salmon, smoked, 4 oz. . . . 200
Sauces:
- barbecue, 1 tbsp. . . . 17
- soy, 1 tbsp. . . . 12
- tartar, 1 tbsp. . . . 74
- tomato, canned (Hunt's), ½ cup . . . 35

Sauerkraut, canned, ½ cup with liquid . . . 21
Sausages:
- polish, 2.7 oz. sausage (5⅜" long x 1" diameter) . . . 231
- pork, cooked, 1 link (4" long x ⅞" diameter) . . . 62
- pork, cooked, 1 patty (3⅞" diameter x ¼") . . . 129
- pork and beef, chopped, 4 oz. . . . 383
- Vienna, canned, 1 sausage (2" long) . . . 38

Sherbet, orange, ½ cup . . . 130
Shrimp:
- fresh, breaded, fried, 4 oz. . . . 255
- canned, drained, 10 medium shrimp . . . 37

Soft drinks:
- cola, 1 cup . . . 96
- cream soda, 1 cup . . . 105
- fruit flavored (citrus, cherry, grape, etc.), 1 cup . . . 113
- root beer, 1 cup . . . 100
- Seven-Up, 1 cup . . . 97

Soup, canned, condensed, diluted with equal part water:
- asparagus, cream of, 1 cup . . . 65
- beans with pork, 1 cup . . . 168
- beef broth, bouillon or consomme, 1 cup . . . 31
- beef noodle, 1 cup . . . 67
- celery, cream of, 1 cup . . . 86
- chicken consomme, 1 cup . . . 22
- chicken, cream of, 1 cup . . . 94
- chicken gumbo, 1 cup . . . 55
- chicken noodle, 1 cup . . . 62
- chicken vegetable, 1 cup . . . 76
- chicken with rice, 1 cup . . . 48
- clam chowder, Manhattan type, 1 cup . . . 81
- minestrone, 1 cup . . . 105
- mushroom, cream of, 1 cup . . . 134
- onion, 1 cup . . . 65
- pea, split, 1 cup . . . 145
- tomato, 1 cup . . . 88
- vegetable beef, 1 cup . . . 78
- vegetarian vegetable, 1 cup . . . 78

Spaghetti:
- plain, boiled 8-10 minutes, drained, ½ cup . . . 96
- canned, in tomato sauce with cheese, ½ cup . . . 95
- canned, with meatballs in tomato sauce, ½ cup . . . 129

Spinach:
- boiled, drained, leaves, ½ cup . . . 21

Squash, summer:
- scallop variety, boiled, drained, sliced, ½ cup . . . 15
- yellow, boiled, drained, sliced, ½ cup . . . 14
- zucchini, boiled, drained, sliced, ½ . . . 11

Squash, winter:
- acorn, baked, ½ squash (4" diameter) . . . 86
- acorn, boiled, mashed, ½ cup . . . 42
- butternut, baked, mashed, ½ cup . . . 70
- butternut, boiled, mashed, ½ cup . . . 50

Strawberries:
- fresh, whole, ½ cup . . . 28
- canned, water pack, ½ cup with liquid . . . 27

Sugar, beet or cane:
- brown, ½ cup firm packed . . . 411
- brown, 1 tbsp. firm packed . . . 52
- granulated, ½ cup . . . 385
- granulated, 1 tsp. . . . 15
- powdered, unsifted, ½ cup . . . 231
- powdered, stirred, 1 tbsp. . . . 31

Sunflower seed kernels, in hull, ½ cup . . . 129
Sunflower seed kernels, hulled, ½ cup . . . 406
Syrups:
- chocolate, thin-type, 1 tbsp. . . . 46
- corn, light or dark, 1 tbsp. . . . 58
- maple, 1 tbsp. . . . 50
- molasses, blackstrap, 1 tbsp. . . . 43
- molasses, light, 1 tbsp. . . . 50
- molasses, medium, 1 tbsp. . . . 46
- sorghum, 1 tbsp. . . . 53

Tangerines, fresh, 1 average (2⅜" diameter) . . . 39
Tomato juice, canned or bottle, 1 cup . . . 46
Tomato juice cocktail, canned or bottled, 1 cup . . . 51
Tomato paste, canned, ½ cup . . . 108
Tomato puree, canned ½ cup . . . 49
Tomatoes, ripe:
- raw, whole, 1 average (about 2⅖" diameter) . . . 20
- canned, ½ cup with liquid . . . 26

Toppings: dessert:
- butterscotch, 1 tbsp. . . . 52
- caramel, 1 tbsp. . . . 72
- chocolate fudge, 1 tbsp. . . . 62
- pineapple, 1 tbsp. . . . 56

Tuna, canned:
- in oil, solid pack or chunk style, drained, ½ cup . . . 158
- in water, all styles, with liquid, 4 oz. . . . 144

Turkey:
- dark meat, roasted, 4 oz. . . . 230
- light meat, roasted, 4 oz. . . . 200
- canned, boned, ½ cup . . . 207

Turnip greens:
- fresh, boiled in small amount water, drained, ½ cup . 15

Turnips, boiled, drained, cubed, ½ cup . . . 18

Vegetable juice cocktail, canned, 1 cup . . . 41
Vegetables, mixed, frozen, boiled, drained, ½ cup . . . 58

Waffles, baked from mix:
- made with egg and milk, 1 round (7" diameter) . . . 206

Walnuts, 10 large nuts . . . 322
Watermelon, with rind, 1 wedge (4" x 8") . . . 111
Wheat bran, commercially milled, 4 oz. . . . 242
Wheat germ, toasted, 1 tbsp. . . . 23

Yogurt, plain:
- partially skim milk, 8-oz. container . . . 113
- whole milk, 8-oz. container . . . 140

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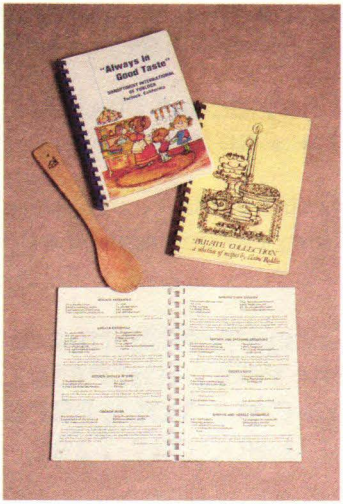

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